

# RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



## Breakfast in the Classroom (K-5, K-8)

December 2015

All breakfasts are FREE. Full student breakfast includes entrée, fruit & choice of 1% or skim white milk. Did you know—If you see it in green, it's Local!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Whole Grain Bagel w/ Reduced Fat Cream Cheese  100% Fruit Punch Pineapple Cup	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese  Fresh Orange	Chicken Sausage on Whole Grain Biscuit  Fresh Local Apple	Whole Grain Pancakes w/Jelly  Pineapple Cup Applesauce Cup	PD Day  No School
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Whole Grain Maple French Toast Sticks  100% Fruit Punch Pineapple Cup	Turkey Sausage on Whole Grain English Muffin  Fresh Orange	Whole Grain Bagel w/ Reduced Fat Cream Cheese  Fresh Local Apple	Whole Grain Cinnamon Biscuit  Pear Sauce Applesauce Cup	Chicken Sausage on Whole Grain Bagel  Fresh Banana Chilled Pears
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Whole Grain Pancakes w/Syrup  100% Fruit Punch Pineapple Cup	Whole Grain Cinnamon Peach Oatmeal  Fresh Orange	Whole Grain Cinnamon Toast Crunch Cereal  Whole Grain Graham Crackers Fresh Local Apple	Whole Grain Apple Cinnamon Muffin or Whole Grain Banana Muffin Cheese Stick Pear Sauce Applesauce Cup	Whole Grain Waffles w/Syrup  Fresh Banana Chilled Pears
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25



HAPPY HOLIDAYS!!

NO SCHOOL