

K-12 CORE BREAKFAST

December

BREAKFAST

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Cheesy Scrambled Eggs w/ Toast (v). Blueberry Muffin w/String Cheese (v).	Parfait Bar (v). Strawberry or Vanilla Yogurt w/ Graham Crackers or Granola Oatmeal (ve). Banana Muffin w/ String Cheese (v)	Potato, Egg, & Cheese Breakfast Bowl w/ Salsa (v). Blueberry Muffin w/ Cream Cheese (v).	Whole Grain French Toast Sticks w/ Syrup (ve). Hard Boiled Egg Bento Box (v). Blueberry Muffin w/String Cheese (v)	Cheese Omelet w/ Biscuit (v). Oatmeal (ve). Banana Muffin w/ String Cheese (v).
Fresh Apple Grape Juice	Strawberries Fresh Tangerine	Apple Juice Orange Wedges	Baked Cinnamon Apples Fresh Banana	Frozen Blueberries Fresh Banana

Daily offerings include frosted mini wheats, trix, blueberry chex, cinnamon chex, and cheerios with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. **Locally Sourced** items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Whole Grain French Toast Sticks w/ Syrup (ve). Whole Grain Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	Chicken & Waffle Sandwich w/ Syrup Vanilla Yogurt w/ Graham Crackers (v). Banana Muffin w/ String Cheese (v).	Whole Grain French Toast Sticks w/ Syrup (ve). Oatmeal Raisin Breakfast Round (v). Blueberry Muffin w/ String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Blueberry Patch Parfait (v). Banana Muffin w/ String Cheese (v).	Oatmeal w/ Warm Berries or Sliced Banana (v). Maple Snack'n Waffle (v). Blueberry Muffin w/ String Cheese (v).
Orange Wedges Frozen Blueberries	Fresh Tangerine Whole Apple	Orange Wedges Pears	Grape Juice Apple Slices	Warm Berries Fresh Banana
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Turkey Bacon & Egg Breakfast Pizza. Oatmeal Rasin Breakfast Round (v). Blueberry Muffin w/ String Cheese (v).	Apple Cinnamon Oatmeal Oatmeal (ve). Hard Boiled Egg Bento Box (v). Banana Muffin w/ String Cheese (v).	Whole Grain French Toast Sitcks w/ Syrup (ve) Blueberry Snack'n Waffle (v). Banana Muffin w/ Sting Cheese (v).	Egg & Cheese Bagel Sandwich (v). Whole Grain Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	Parfait Bar (v). Strawberry or Vanilla Yogurt w/ Graham Crackers or Granola Toast w/ Scrambled Eggs (v).
Pear Fresh Tangerine	Orange Slices Baked Cinnamon Apples	Orange Wedges Fresh Apple	Fresh Banana Apple Juice	Frozen Strawberries Frozen Blueberries

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	Happy	Winter	Break!	

Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
	Happy	Winter	Break!	

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