

K-12 CORE BREAKFAST
December

BREAKFAST

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>Cheesy Scrambled Eggs w/Toast (v)</p> <p>Blueberry Muffin w/String Cheese (v)</p>	<p>Breakfast Tacos w/Turkey Sausage, Potatoes & Salsa</p> <p>Hard Boiled Egg Bento Box (v)</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Egg & Cheese Biscuit Sandwich (v)</p> <p>Plain Bagel w/Cream Cheese (v)</p> <p>Blueberry Muffin w/String Cheese (v).</p>	<p>Whole Grain French Toast Sticks w/Syrup (v)</p> <p>Strawberry Yogurt w/Graham Crackers (v)</p>	<p>Potato Egg & Cheese Breakfast Bowl w/Salsa (v)</p> <p>Peach Cobbler Breakfast Square (v)</p> <p>Banana Muffin w/String Cheese (v).</p>
<p>Fresh Apple Grape Juice</p>	<p>Strawberries Tangerine</p>	<p>Apple Juice Orange Wedges</p>	<p>Cantaloupe Baked Cinnamon Apples</p>	<p>Frozen Blueberries Fresh Banana</p>

Daily offerings include frosted mini wheats, 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 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>Breakfast Sausage and Pancake on a Stick.</p> <p>Whole Grain Bagel w/Cream Cheese (v)</p> <p>Blueberry Muffin w/String Cheese (v).</p>	<p>Biscuit Egg & Cheese Sandwich (v)</p> <p>Vanilla Yogurt w/Graham Crackers (v)</p> <p>Banana Muffin w/String Cheese (v)</p>	<p>Scrambled Eggs w/ Whole Grain Biscuit (v)</p> <p>Oatmeal Raisin Round (v)</p> <p>Blueberry Muffin w/String Cheese (v)</p>	<p>Whole Grain French Toast Sticks w/Syrup (v)</p> <p>Blueberry Patch Parfait w/Graham Crackers (v)</p> <p>Banana Muffin w/String Cheese (v)</p>	<p>Egg & Cheese Burrito (v)</p> <p>Maple Snack'n Waffle (v)</p> <p>Blueberry Muffin w/String Cheese (v)</p>
<p>Orange Wedges Blueberries</p>	<p>Fresh Apple Fresh Tangerine</p>	<p>Orange Wedges Watermelon</p>	<p>Grape Juice Apple Slices</p>	<p>Applesauce Fresh Banana</p>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>Potato Egg & Cheese Breakfast Bowl w/Salsa (v)</p> <p>Peach Cobbler Breakfast Square (v)</p> <p>Blueberry Muffin w/String Cheese (v)</p>	<p>Whole Grain French Toast Sticks w/Syrup (v)</p> <p>Hard Boiled Egg Bento Box (v)</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Egg & Cheese Bagel Sandwich (v)</p> <p>Blueberry Snack'n Waffle (v)</p> <p>Banana Muffin w/String Cheese (v)</p>	<p>Breakfast Sausage & Pancake on a Stick</p> <p>Bagel w/ Cream Cheese (v)</p> <p>Blueberry Muffin w/ String Cheese (v)</p>	<p>Parfait Bar</p> <p>Strawberry or Vanilla Yogurt</p> <p>Granola or Graham Crackers</p>
<p>Red Seedless Grapes Fresh Tangerine</p>	<p>Orange Slices Baked Cinnamon Apples</p>	<p>Cantaloupe Orange Wedges</p>	<p>Banana Apple Juice</p>	<p>Blueberries Strawberries</p>

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Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
		Happy Holidays		_____

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
		Happy New Year!	Egg & Cheese Burrito (v) Plain Bagel w/Cream Cheese (v) Banana Muffin w/String Cheese (v)	Oatmeal w/Strawberries (ve) Vanilla Yogurt w/Graham Crackers (v) <u>Blueberry</u> <u>Muffin w/String</u> <u>Cheese (v)</u>
			Red Seedless Grapes Fresh Banana	Frozen Blueberries Strawberries

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