

December K-12 Grab & Go Breakfast

2022



SERVED WITH CHOICE
of

MILK

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Whole Grain Breakfast Bar ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @	2 Oatmeal Breakfast Bun ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @
5 Whole Grain Cinnamon Bagel ^+ Cream Cheese @ Fruit Juice Seasonal Fresh Fruit Milk@	6 Assorted Whole Grain Cereal String Cheese @ Fruit Juice Applesauce Milk @	7 Apple Breakfast Bites %@\$^+ Seasonal Fresh Fruit Fruit Juice Milk @	8 Whole Grain Muffin +^\$%@ Fruit Juice Seasonal Fresh Fruit Milk @	8 Whole Grain Vanilla Breakfast Square ^+% Fruit Juice Seasonal Fresh Fruit Milk @
12 Assorted Whole Grain Cereal String Cheese @ Fruit Juice Seasonal Fresh Fruit Milk @	13 Cinnis Minis ^+@ Fruit Juice Seasonal Fresh Fruit Milk @	14 Whole Grain Muffin Top ^+ Seasonal Fresh Fruit Fruit Juice Milk @	15 Whole Grain Breakfast Bar ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @	16 Oatmeal Breakfast Bun ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @

All Elementary schools are peanut free schools—
PB&J will always be replaced by peanut free sandwich (Sun butter or Soy butter)

Peanuts!!
 Pork* Beef#
 Whey= Soy\$
 Corn> Wheat+
 Milk@ Gluten^
 Eggs% Fish~