

DECEMBER 2018 MID-HS BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><u>YOGURT/FRUIT SMOOTHIES</u> <u>YOGURT/FRUIT PARFAITS</u> <u>GRAB N'GO</u> <u>OFFERED DAILY!</u></p>									
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
3	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	4	EARLY RELEASE TODAY! WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES	5	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	6	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	7	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
10	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	11	SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	12	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	13	STUFFED FRENCH TOAST CASSEROLE W/SYRUP FRUIT, JUICE AND MILK CHOICES	14	BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
17	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	18	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	19	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	20	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	21	ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
24		25		26		27		28	
									
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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