

# DECEMBER 2019 MID-HIGH BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>YOGURT PARFAITS</u> <u>YOGURT &amp; FRUIT SMOOTHIES</u> <u>GRAB N' GO BREAKFAST</u> <u>OFFERED DAILY</u>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>2</b> WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>3</b> <u>EARLY RELEASE TODAY!</u> WHOLE GRAIN MUFFINS FRUIT, JUICE AND MILK CHOICES	<b>4</b> CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>5</b> BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	<b>6</b> WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>9</b> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	<b>10</b> SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	<b>11</b> BREAKFAST SANDWICH HAM, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	<b>12</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	<b>13</b> BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>16</b> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>17</b> CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>18</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	<b>19</b> YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	<b>20</b> ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>23</b> <u>NO SCHOOL TODAY!</u>	<b>24</b> <u>NO SCHOOL TODAY!</u>	<b>25</b> <u>NO SCHOOL TODAY!</u>	<b>26</b> <u>NO SCHOOL TODAY!</u>	<b>27</b> <u>NO SCHOOL TODAY!</u>
				
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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