



# DECEMBER | 2017

## Chattanooga Girls Leadership Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
<b>4</b> Whole Grain Cereals Whole Grain Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>5</b> Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>6</b> Whole Grain French toast Sticks with Syrup Cup Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>7</b> Whole Grain Assorted Muffins and Breakfast Pastries Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>8</b> Yogurt Parfait with Whole Grain Granola and Whole Grain Muffins Choice of Fruit Choice of 100% Fruit Juice
<b>11</b> Whole Grain Pop Tarts Whole Grain Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>12</b> Whole Grain Waffle Sticks with Syrup cup Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>13</b> Whole Grain Cereals Whole Grain Breakfast Pastries Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>14</b> Whole Grain Mini Maple Pancakes Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>15</b> Whole Grain Chocolate Oatmeal Bar Whole Grain Cereal Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
<b>18</b> Whole Grain Cereals Whole Grain Pastries Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>19</b> Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	<b>20</b> Winter Break	<b>21</b> Winter Break	<b>22</b> Winter Break
<b>25</b> Winter Break	<b>26</b> Winter Break	<b>27</b> Winter Break	<b>28</b> Winter Break	<b>29</b> Winter Break

**News**

**Breakfast Includes up to 1 of each:**

**>Entrée (includes grain & sometimes meat/meat alternative)**

**> 100% Fruit Juice\***

**> Whole Fruit\***

**>Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk**

**\*A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

**> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry**