



DECEMBER | 2018

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WGR Grits WGR Toast Mandarin Oranges 100% Kiwi Strawberry Juice Choice of Milk	4 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	5 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	6 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	7 WGR Blueberry Muffin Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk
10 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk	11 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley 100% Fruit and Vegetable Juice Choice of Milk	12 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	13 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	14 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Green Peppers and Onion
17 WGR English Muffin Scrambled eggs Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	18 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	19 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	20 WGR Cereals WGR Muffin Raisins 100% Orange Juice Choice of Milk	21 School Closed
24 Christmas Eve School Closed	25 Christmas School Closed	26 School Closed	27 School Closed	28 School Closed
31 New Year's Eve School Closed				

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