

## BREAKFAST MENU - MIDDLE-HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 1st - 5th</b>				
<b>MAIN ENTREE</b>				
Yogurt cup/ Granola or Crackers	Breakfast Sandwich - English Muffin, Egg, Sausage & Cheese	Breakfast Bread Slice	Bagel w/ Cream Cheese	Stuffed Waffle
<b>GRAB N GO</b>				
Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Students must take at least 3 items - one must be a minimum of 1/2 cup fruit or vegetable.				
USDA is an equal opportunity provider and employer				

## BREAKFAST MENU - MIDDLE-HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 8th - 12th				
<b>MAIN ENTREE</b>				
Breakfast Burrito	Strawberry Bagelstick	Uncrustable - Grape or Strawberry	Pancake Sausage Sandwich	Maple or Cinnamon Waffle
				Syrup Available
<b>GRAB N GO</b>				
Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Students must take at least 3 items - one must be a minimum of 1/2 cup fruit or vegetable.				
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## BREAKFAST MENU - MIDDLE-HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 15th - 19th				
MAIN ENTREE				
Breakfast Bagel - Egg & Cheese	Cini Mini	Breakfast Bread Slice	Bagel w/ Cream Cheese	Frosted Holiday Donut
				Have a Good Winter Break!
GRAB N GO				
Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal	Assorted Reduced Sugar Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts	Assorted WG Poptarts
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Students must take at least 3 items - one must be a minimum of 1/2 cup fruit or vegetable.				
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