



Elementary School Breakfast

December

2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagel with Cream Cheese Juice&Fruit Milk	2 Assorted Cereal with Graham Crackers Juice&Fruit Milk	3 Mini Cinni Roll Juice&Fruit Milk

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

6 WG Banana Muffin String Cheese Juice&Fruit Milk	7 Confetti Pancakes Juice&Fruit Milk	8 Bagel with Cream Cheese Juice&Fruit Milk	9 Assorted Cereal with Graham Crackers Juice&Fruit Milk	10 Mini Cinni Roll Juice&Fruit Milk
--	---	---	--	--

NonFat Chocolate or 1% Milk offered daily

13 Whole Grain Chocolate Chip Muffin String Cheese Fruit Milk	14 Apple Frudel Juice&Fruit Milk	15 Bagel with Cream Cheese Juice&Fruit Milk	16 Assorted Cereal with Graham Crackers Juice&Fruit Milk	17 Mini Cinni Roll Juice&Fruit Milk
--	---	--	---	--

Fresh Fruit Basket Offered Daily

20 WG Banana Muffin String Cheese Juice&Fruit Milk	21 Confetti Pancakes Juice&Fruit Milk	22 Bagel with Cream Cheese Juice&Fruit Milk	23 Assorted Cereal with Graham Crackers Juice&Fruit Milk	24
---	--	--	---	----

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

--	--	--	--	--

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg