

DECEMBER 2018

HOT BREAKFAST MENU 6-12

ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">3</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">4</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">5</p> <p>Early Release Day "Build Your Own Breakfast" is served (Please see menu for allergen & carbohydrate information)</p>	<p style="text-align: right;">6</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">7</p> <p>Warm Whole Grain Cheese Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Cheese Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p style="text-align: right;">10</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 20 M</p>	<p style="text-align: right;">11</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">12</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">13</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">14</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p style="text-align: right;">17</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">18</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">19</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">20</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">21</p> <p>Warm Whole Grain Cheese Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Cheese Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>

<p>24</p> <p>WINTER RECESS</p>	<p>25</p> <p>WINTER RECESS</p>	<p>26</p> <p>WINTER RECESS</p>	<p>27</p> <p>WINTER RECESS</p>	<p>28</p> <p>WINTER RECESS</p>
<p>31</p> <p>WINTER RECESS</p>				

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Breakfast is offered EVERY morning!

**Eating a nutritious breakfast helps everyone fuel up
for success in the classroom and beyond!**

Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution