

# DECEMBER 2018

## HOT BREAKFAST MENU K-8

### ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

24 WINTER RECESS	25 WINTER RECESS	26 WINTER RECESS	27 WINTER RECESS	28 WINTER RECESS
31 WINTER RECESS				

**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**