

Breakfast Menu
2022-2023
Menu subject to
change

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Nutrients
5 Chc. Crescent Croisins Fresh Apple Milk Skim Milk	6 Maple Mini Waffles Applesauce Cup Fresh Apple Milk Skim Milk	7 Mini Bagel/Cream Cheese Mango Peach Applesauce Cup Fresh Apple Milk Skim Milk	1 Breakfast Burrito Orange Juice Fresh Apple Milk Skim Milk	Cal 543 T.Fat 12.89 G S.Fat 5.1 G Chol 105.0 Mg Sodm 563.76 Mg
12 Breakfast Wrap Strawberry Cup Fresh Apple Milk Skim Milk	13 Cinnamon Pull Aparts Croisins Fresh Apple Milk Skim Milk	14 Blueberry Mini Waffles Applesauce Cup Fresh Apple Milk Skim Milk	15 Yogurt Crunchy Granola Watermelon Applesauce Cup Fresh Apple Milk Skim Milk	Cal 634 T.Fat 10.96 G S.Fat 3.4 G Chol 57.5 Mg Sodm 551.78 Mg
19 Mini Bagel/Cream Cheese Strawberry Cup Fresh Apple Milk Skim Milk	20 Breakfast Pizza Apple Juice Fresh Apple Milk Skim Milk	21	22	Cal 553 T.Fat 8.98 G S.Fat 3.6 G Chol 26.6 Mg Sodm 579.04 Mg
26 	27		29 	This institution is an equal opportunity provider.



December

Monday	Tuesday	Wednesday	Thursday	Nutrients
			1 Spaghetti/Meat Sauce Bread Sticks Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1735 T.Fat 40.59 G S.Fat 11.5 G Chol 89.4 Mg Sodm 1470.17 Mg
5 Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk	6 Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	7 Hamburger on a Bun Catsup & Pickles Assorted Fruit/Veggie Milk Skim Milk	8 Chicken Drumsticks Dinner Roll Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1531 T.Fat 34.02 G S.Fat 10.0 G Chol 79.9 Mg Sodm 1781.80 Mg
12 Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk	13 Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	14 Hot Dog/Bun Mustard Catsup Assorted Fruit/Veggie Milk Skim Milk	15 Turkey Envy Whipped Potatoes Assorted Fruit/Veggie Dinner Roll Cherry Cobbler Milk Chocolate Milk	Cal 1407 T.Fat 28.75 G S.Fat 7.9 G Chol 59.6 Mg Sodm 1828.01 Mg
19 French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk	20 P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Skim Milk	21	22	Cal 1683 T.Fat 50.28 G S.Fat 13.7 G Chol 58.8 Mg Sodm 1764.10 Mg
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