

December 2017

EAC

BREAKFAST



School Information: Breakfast
15 meal @ \$1.70 = \$25.50
Reduced 15 x .30 = \$4.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Menu is subject to change
Milk is served with every meal

Cereal w/yogurt ¹

⁴
Pancake/sausage wrap
Or cereal/bread
Fruit

⁵
English Muffin w/sausage
Or cereal w/muffin
Juice

⁶
Homemade Donuts
Or cereal, bread
Fruit
((Yeahhhhhh!!))

⁷
Biscuits 'n' gravy
Or cereal, bread
Juice

⁸
Cereal w/poptart
Fruit

¹¹
Berry Smoothie
w/ grahams
or cereal w/bread

¹²
Cereal w/string cheese
Fruit

¹³
Breakfast Pizza
Or cereal,bread

¹⁴
Cheese Omelet w/toast
Or cereal w/toast
Juice

¹⁵
Cinnamon Roll
Or cereal w/bread
Fruit

¹⁸
Cream Cheese Bagel
Or cereal w/bread

¹⁹
Pancake/sausage wrap
Or cereal w/bread

²⁰
Scrambled Eggs/toast
Or cereal w/toast
Juice

²¹
Cereal w/ poptart
Fruit

²²
*Christmas Break
Begins*



²⁹
Christmas Break
Dec. 22,2017 - Jan. 1, 2018