

DECEMBER 2016

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mini Bagels Fruit/Fruit Juice Milk	2 Crunchmania Fruit/Fruit Juice Milk
5 Cereal Graham Cookie Fruit/Fruit Juice Milk	6 Pop Tart Cheese Stick Fruit/Fruit Juice Milk	7 Cereal Fruit/Fruit Juice Milk	8 Mini Pancakes Fruit/Fruit Juice Milk	9 Apple Turnover Fruit/Fruit Juice Milk
12 Cereal Muffin Fruit/Fruit Juice Milk	13 Pillsbury Mini Cinnis Fruit/Fruit Juice Milk	14 Cereal Fruit/Fruit Juice Milk	15 Waffle Sausage Sandwich Fruit/Fruit Juice Milk	16 Donut Star Yogurt Fruit/Fruit Juice Milk
19 Cereal Graham Cookie Fruit/Fruit Juice Milk	20 Mini Donuts Fruit/Fruit Juice Milk	21 CHRISTMAS BREAK	22 CHRISTMAS BREAK	23 CHRISTMAS BREAK
26 Merry Christmas	27 CHRISTMAS BREAK	28 CHRISTMAS BREAK	29 CHRISTMAS BREAK	30 CHRISTMAS BREAK

News

Breakfast - \$1.25
Reduced - \$.40
Qualify for Free Lunch – Free Breakfast

HARVEST OF THE MONTH

“MILK AND GRAINS”



Milk is one of the most nutritious drinks in the world. Milk is high in protein and an excellent source of vitamins & minerals including calcium and vitamin b12. A huge variety of food products are made from milk, such as cheese, cream, butter and yogurt.



A whole grain contains all edible parts of the grain, including the bran, germ, and endosperm. Eating more whole grains is an easy way to add a layer of " [health insurance](#)" to your life. Whole grains are packed with [nutrients](#), including protein, fiber, B vitamins, antioxidants, and trace minerals. Grains include corn, wheat, oats, popcorn, rice, rye, barley, quinoa, & sorghum.