



DECEMBER | 2022

K-12 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Cocoa Puffs Cereal Bowl (7.6 gm) Fresh Apple 100% Fruit Juice	29 WG Donut (6 gm) Craisins 100% Fruit Juice	30 Chocolate Chip Muffin (8 gm) Applesauce 100% Fruit Juice 6 - 12 grades: honey graham crackers	1 WG Concha Pan Dulce (8 gm) Mixed Fruit Cup 100% Fruit Juice	2 WG Pop Tart (15 gm) Fresh Banana 100% Fruit Juice
5 Fruit Loops Cereal Bowl (8 gm) Applesauce 100% Fruit Juice	6 Mini Strawberry Cream Cheese Bagel (13 gm) Craisins 100% Fruit Juice	7 Banana Muffin Top (15 gm) Fresh Appel 100% Fruit Juice 6 - 12 grades: honey graham crackers	8 Egg Mini Maple Pancakes (11 gm) Mixed Fruit Cup 100% Fruit Juice	9 Cinnamon Toast Crunch Cereal Bar (9 gm) Fresh Banana 100% Fruit Juice
12 Cheerios Cereal Bowl (1 gm) Applesauce 100% Fruit Juice	13 WG Cinnamon Swirl (13 gm) Craisins 100% Fruit Juice	14 Blueberry Muffin (13 gm) Fresh Apple 100% Fruit Juice 6 - 12 grades: honey graham crackers	15 Eggo Mini Maple Waffles (10 gm) Mixed Fruit Cup 100% Fruit Juice	16 Mini Wheats Cereal Bowl Fresh Banana 100% Fruit Juice
19 Cocoa Puffs Cereal Bowl (7.6 gm) Fresh Apple 100% Fruit Juice	20 WG Donut (6 gm) Craisins 100% Fruit Juice	21 Chocolate Chip Muffin (8 gm) Applesauce 100% Fruit Juice 6 - 12 grades: honey graham crackers	22 WINTER BREAK	23 WINTER BREAK
26	27	28	29	30

WINTER BREAK

News

Come try our tasty healthy breakfast options offered daily. All items are whole grain rich and follow USDA healthy nutrition guidelines!

Number in parenthesis next to the item name is the grams of sugar per item.

For additional nutrition information download the My School Menus App. Flyer available in front office.



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This institution is an equal opportunity provider.

Menu subject to change