

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

*USDA is an equal employer*

**Winter Break** **1**  
**No School**  


**Winter Break** **2**  
**No School**  


**Winter Break** **3**  
**No School**  


**Winter Break** **4**  
**No School**  


**Winter Break** **7**  
**No School**  


**Breakfast Pizza** **8**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Cereal Variety** **9**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Fruit Frudel** **10**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Whole Wheat Donut Wheels** **11**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Mini Cinnamon Rolls** **14**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Breakfast Pizza** **15**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Cereal Variety** **16**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Fruit Frudel** **17**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Mini French Toast** **18**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**No School** **21**

**Breakfast Pizza** **22**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Cereal Variety** **23**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Fruit Frudel** **24**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Whole Wheat Donut Wheels** **25**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Mini Cinnamon Rolls** **28**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Breakfast Pizza** **29**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

**Delay Start** **30**  
**No Breakfast Served**

**Fruit Frudel** **31**  
 Oatmeal Bar  
 Muffin  
 Fresh Fruit or Canned Fruit  
 Fruit Juice  
 Assorted Milk

A good breakfast should include carbohydrate and protein. Carbs give you energy and protein slows the absorption of sugars and gives you staying power till your next meal.



**School Information** Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools