

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

Monday

- 1. Bosco Cheese Sticks **3**
Steamed Green Beans
Dried Cranberries
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1. Dominos Pepperoni Pizza **10**
Seasoned Corn
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

- 1. Mandarin Orange Chicken **17**
Broccoli, Brown Rice
Mini Choc. Bar
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

Holiday Break **24**

Holiday Break **31**

Tuesday

- 1. Domino's Cheese Pizza **4**
Steamed Broccoli
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Popcorn Chicken **11**
Broccoli,
Chilled Fruit
- Mini Oatmeal Chocolate Bar
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Dominos Cheese Pizza **18**
Green Beans
Chilled Fruit
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

Holiday Break **25**

Wednesday

- 1. Chicken Nuggets **5**
Mashed Potatoes & Gravy
Chex Mix, Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1. Taco Salad **12**
Steamed Green Beans
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Meal

- 1. Chili w/ Saltines **19**
Cinnamon Roll
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Meal

Holiday Break **26**

Thursday

- 1. Hamburger on Bun **6**
Steamed Carrots
Chilled Fruit
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Mini Cinnis **13**
Sausage Patty
Tri Tater
- Strawberries Cups
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Hot Dog on a Bun **20**
Potato Wedges
Chilled Fruit
- Holiday Surprise
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

Holiday Break **27**

Friday

- 1. Mini Corn Dogs **7**
Baked Beans
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1. Chicken Patty **14**
Sandwich, Steamed Carrots
- Frozen Fruit Sorbet
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

Holiday Break **21**

Holiday Break **28**

Meals Prices: K-6th grade: \$2.90
Milk: \$.60
Menu is subject to change if products aren't available or are recalled



A la carte sales are available for purchase to all students and charges are applied to all students including free & reduced students

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DECEMBER 2018

Bear Creek Elementary Breakfast

Breakfast: \$1.75
 Reduced: \$.00
 Free: \$.00

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

3
 Mini Cinnamon Rolls
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

4
 Breakfast Pizza
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

5
 Cereal Variety
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

6
 Fruit Frudel
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

7
 Whole Wheat Donut Wheels
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

10
 Mini Cinnamon Rolls
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

11
 Breakfast Pizza
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

12
 Cereal Variety
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

13
 Fruit Frudel
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

14
 Whole Wheat Donut Wheels
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

17
 Mini Cinnamon Rolls
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

18
 Breakfast Pizza
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

19
 Cereal Variety
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

20
 Fruit Frudel
 Oatmeal Bar
 Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

21
Holiday Break

24
Holiday Break

25
Holiday Break

26
Holiday Break

27
Holiday Break

28
Holiday Break

31
Holiday Break

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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

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