

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer

Winter Break
No School

1



Winter Break
No School

2



Winter Break
No School

3



Winter Break
No School

4



Winter Break
No School

7



Banana Bread
Fresh, Canned, or Dried Fruit or
Carrot Sticks

8

Fruit Juice
Assorted Milk

Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

9

Assorted Muffins
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

10

Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

11

Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

14

Banana Bread
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

15

Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

16

Assorted Muffins
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

17

Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

18

No School

21

Banana Bread
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

22

Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

23

Assorted Muffins
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

24

Whole Wheat Donut Wheels
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

25

Assorted Cereal
Oatmeal Bar
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

28

Banana Bread
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

29

Delay Start
No Breakfast Served

30

Assorted Muffins
Fresh, Canned, or Dried Fruit or
Carrot Sticks
Fruit Juice
Assorted Milk

31

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