

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

3
 Breakfast Bar
 Apple Juice Cheese Stick
 Or
 Blueberry Muffins,
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

4
 Banana Bread
 Apple Juice, Cheese Stick
 Or
 Chocolate Muffins
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

5
 Whole Wheat Donuts
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

6
 Granola Cinnamon Breakfast
 Cookie
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice, Cheese Stick
 or
 White or Chocolate Milk

7
 Breakfast Bar
 Apple Juice Cheese Stick
 Or
 Uncreatable Sun Butter Sandwich
 Apple Juice
 White or Chocolate Milk

10
 Breakfast Bar
 Apple Juice Cheese Stick
 Or
 Blueberry Muffins,
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

11
 Banana Bread
 Apple Juice, Cheese Stick
 Or
 Chocolate Muffins
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

12
 Whole Wheat Donuts
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

13
 Granola Cinnamon Breakfast
 Cookie
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice, Cheese Stick
 or
 White or Chocolate Milk

14
 Breakfast Bar
 Apple Juice Cheese Stick
 Or
 Uncreatable Sun Butter Sandwich
 Apple Juice
 White or Chocolate Milk

17
 Breakfast Bar
 Apple Juice Cheese Stick
 Or
 Blueberry Muffins,
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

18
 Banana Bread
 Apple Juice, Cheese Stick
 Or
 Chocolate Muffins
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

19
 Whole Wheat Donuts
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice
 Cheese Stick
 White or Chocolate Milk

20
 Granola Cinnamon Breakfast
 Cookie
 Apple Juice, Cheese Stick
 Or
 Breakfast Bar
 Apple Juice, Cheese Stick
 or
 White or Chocolate Milk

21
 Holiday Break

24
 Holiday Break

25
 Holiday Break

26
 Holiday Break

27
 Holiday Break

28
 Holiday Break

31
 Holiday Break

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.

USDA is an equal opportunity provider and employer



Classroom Breakfast Service Now Available

We are now serving students breakfast in their classroom! You must place your breakfast order the day before and it will be delivered to you during you at either 8:35am or 9:05am. No worries about eating in class as your teachers encourage you to enjoy breakfast. Free and reduced students eat for free and paid students only pay \$2.00. One catch is there must be money in your account.