

RSU #74 BREAKFAST MENU

DECEMBER 2017



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice	<i>The USDA and this institution are equal opportunity employers & providers.</i>				1 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<i>* indicates a fruit or vegetable offering that gets you a square on the November Pick a Better Snack BINGO Game Card</i>	4 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	5 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	6 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	7 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	8 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	11 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	12 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	13 Pancakes -2 Fruit & Juice Variety-1 cup Milk-1 cup	14 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	15 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
BREAKFAST PRICES <i>All Students—FREE</i> <i>Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE</i> <i>Adults \$4.50</i>	18 WG Cereal-1 oz WW Toast -1 slice Fruit & Juice Variety-1 cup Milk-1 cup	19 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	20 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	21 Workshop Day NO SCHOOL	
CHRISTMAS VACATION No School ~ December 21 - January 1					