



RSU #74 BREAKFAST MENU DECEMBER 2018



	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice	3 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	4 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	5 Pancakes -2 Fruit & Juice Variety-1 cup Milk-1 cup	6 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	7 <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.	10 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	11 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	12 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	13 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	14 <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>	17 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	18 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	19 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	20 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	21 Early Dismissal Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup

CHRISTMAS VACATION

No School ~ December 24 - January 1

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institution are equal
opportunity employers
& providers.**