

# DECEMBER 2019 MID-HIGH BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								<u>YOGURT PARFAITS</u> <u>YOGURT &amp; FRUIT SMOOTHIES</u> <u>GRAB N' GO BREAKFAST</u> <u>OFFERED DAILY</u>	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
<b>2</b>	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>3</b>	<b><u>EARLY RELEASE TODAY!</u></b> WHOLE GRAIN MUFFINS FRUIT, JUICE AND MILK CHOICES	<b>4</b>	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>5</b>	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	<b>6</b>	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
<b>9</b>	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	<b>10</b>	SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	<b>11</b>	BREAKFAST SANDWICH HAM, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	<b>12</b>	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	<b>13</b>	BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
<b>16</b>	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>17</b>	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>18</b>	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	<b>19</b>	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	<b>20</b>	ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
<b>23</b>	<b><u>NO SCHOOL TODAY!</u></b>	<b>24</b>	<b><u>NO SCHOOL TODAY!</u></b>	<b>25</b>	<b><u>NO SCHOOL TODAY!</u></b>	<b>26</b>	<b><u>NO SCHOOL TODAY!</u></b>	<b>27</b>	<b><u>NO SCHOOL TODAY!</u></b>
									
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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