

# December K-12 Breakfast Menu

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<p><b>Menu Subject to Change.</b></p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>				4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG mini biscuit (13) Turkey sausage links - 2 count (1.25oz meat) Margarine cup Milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG tortilla (15) 0.5oz Scrambled eggs 0.5oz Cheddar cheese Taco sauce packet Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) WG breakfast pizza (1.5oz grain, 1oz meat) (28) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1.75oz equ WG waffle sticks (27) Syrup cup (29) Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG mini biscuit (13) WG chicken nuggets - 2 count (0.25oz grain, 0.75oz meat) (6) Syrup cup (29) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 2oz equ WG bagel (28) Jelly cup (9) Milk	4oz 100% juice (15) ½ c Applesauce (15) WG breakfast sliders (1.25oz grain, 0.75oz meat) (21) Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Golden Grahams cereal (24) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ WG bagel (28) Jelly cup (9) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1oz equ WG pancakes (41) 1oz Scrambled eggs Syrup cup (29) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG mini biscuit (13) Turkey sausage links - 2 count (1.25oz meat) Margarine cup Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG tortilla (15) 0.5oz Scrambled eggs 0.5oz Cheddar cheese Taco sauce packet Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) WG breakfast pizza (1.5oz grain, 1oz meat) (28) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1.75oz equ WG waffle sticks (27) Syrup cup (29) Milk

**innovation foods**

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