

Unkhanhock Primary Center December 2018 Breakfast

BREAKFAST



**Start your day
with a Hot
Breakfast!**



What is a breakfast Meal?

You must choose at least 3 of 4 Components.

Choice of 2 Grain or 2 Grain/Protein
Choice of Fruit or Vegetable
(must take a 1/2 Cup Serving)
or

Choice of Milk

**Must take a 1/2 cup of fruit(including juice)
Or Vegetable








Fruit May include:
Assorted Fresh Fruit
Applesauce
Pineapple
100%juice



All Students may get one
free breakfast.
Milk \$0.50



Milk Choices: 1% White, Fat Free White,
or Fat Free Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>3 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk</p>	<p>4 Maple Mini Pancakes Or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk</p>	<p>5 Breakfast Pizza or Whole Grain Muffin Assorted Fruit Assorted Juices Variety of Milk</p>	<p>6 Pancake on a Stick or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk</p>	<p>7 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk</p>
<p>10 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk</p>	<p>11 Maple Mini Pancakes or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk</p>	<p>12 Tiger Muffin (Egg & Cheese on an English Muffin) or Whole Grain Muffin Assorted Fruit Assorted Juices Variety of Milk</p>	<p>13 WW Breakfast Pizza or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk</p>	<p>14 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk</p>
<p>17 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk</p>	<p>18 Maple Mini Pancakes Or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk</p>	<p>19 Scrambled Eggs or Whole Grain Muffin Assorted Fruit Assorted Juices Variety of Milk</p>	<p>20 Pancake on a Stick or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk</p>	<p>21 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk</p>
<p>24 Merry Christmas </p> <p>from the Cafeteria Crew</p>	<p>25</p>	<p>26</p>	<p>27 </p>	<p>28 </p>

**MERRY
CHRISTMAS**