

DECEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	WeeklyNutrients
2 Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	3 Breakfast Bar, String Cheese, Apple Juice Choice of Milk	4 Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	5 Breakfast Bar, Strawberry- Banana Yogurt, Apple Juice, Choice of Milk	6 Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
9 Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	10 Breakfast Bar, String Cheese, Apple Juice Choice of Milk	11 Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	12 Breakfast Bar, Strawberry- Banana Yogurt, Apple Juice, Choice of Milk	13 Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
16 Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	17 Breakfast Bar String Cheese, Apple Juice Choice of Milk	18 Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	19 Breakfast Bar, Strawberry- Banana Yogurt, Apple Juice, Choice of Milk	20 Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
23 No School	24 No School	25 No School	26 No School	27 No School	
30 No School	31 No School		Breakfast includes: <i>Grains, Apple or Orange Juice, 1% White Milk or Fat Free Chocolate Milk</i>	<i>Breakfast provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: Louis Manolios	