

DECEMBER 2021

PAWNEE HEIGHTS

BREAKFAST



School Information: This institution is an equal opportunity provider.
Menus are subject to change
You must take 3 items.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



French Toast Sticks/Syrup **6**
Fresh Grapes
Fruit Juice
Milk Choice

Whole Grain Cereal **13**
String Cheese
Fruit
Fruit Juice
Milk Choice

NO SCHOOL **20**
Winter break

NO SCHOOL **27**
Winter break

TUESDAY

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!

Oatmeal Breakfast Round **7**
Yogurt Cup
Fruit
Fruit Juice
Milk Choice

Pancake on a Stick **14**
Fruit Cocktail
Fruit Juice
Milk Choice

NO SCHOOL **21**
Winter break

NO SCHOOL **28**
Winter break

WEDNESDAY

WG Cereal Bar **1**
Apricot Halves
Fruit Juice Choice
Milk Choice

WW Bagel/Toppings **8**
Fresh Apple
Fruit Juice
Milk Choice

Biscuit & Gravy **15**
Fruit
Fruit Juice
Milk Choice

NO SCHOOL **22**
Winter break

NO SCHOOL **29**
Winter break

THURSDAY

Chicken Biscuit Breakfast **2**
Sandwich
Mixed Fruit Cup
Fruit Juice
Milk Choice

Quick Blueberry Bubble **9**
Bread
Mandarin Oranges
Fruit Juice
Milk Choice

Sausage Breakfast **16**
Sandwich
Pineapple Chunks
Juice
Milk Choice

NO SCHOOL **23**
Winter break

NO SCHOOL **30**
Winter break

FRIDAY

Breakfast Bites **3**
Applesauce
Fruit Juice
Milk Choice

Breakfast Pizza **10**
Peaches
Fruit Juice
Milk Choice

Whole Grain Muffin **17**
Tropical Fruit
Fruit Juice
Milk Choice

NO SCHOOL **24**
Winter break

NO SCHOOL **31**
Winter break