



# High School December 2018 Breakfast

FRESH FRUIT AND MILD SERVED DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <sup>rd</sup> Banana Parfait Pancake on a stick Grahams Cinnamon Toast crunch Cereal Frosted Strawberry Poptart	4 <sup>th</sup> Double Berry Parfait Pancake Sausage Sandwich Apple Jacks Cereal Grahams	5 <sup>th</sup> Banana parfait Apple Crisp Grahams Frosted Flakes Cereal Cheerio Bar	6 <sup>th</sup> Breakfast Plate Blueberry Muffin Top Grahams Trix Cereal Berry Parfait	7 <sup>th</sup> Kolache Breakfast Casserole w\toast Grahams Fruity Cheerios
10 <sup>th</sup> Strawberry Lemonade Smoothie Cinnamon Roll Cinnamon Toast Crunch Cereal Grahams Frosted Cinnamon Poptart	11 <sup>th</sup> Pancake & Sausage Sandwich Breakfast Pizza Apple Jacks Cereal Grahams	12 <sup>th</sup> Chicken on a biscuit Cinnamon Toast Crunch Bar Grahams Frosted Flakes Cereal	13 <sup>th</sup> Breakfast Bowl Food Court Smoothie Muffin Top Trix Cereal Grahams	14 <sup>th</sup> Sausage Sandwich Strawberry Lemonade smoothie Dutch waffle Fruity Cheerios Grahams
17 <sup>th</sup> French toast Tropical Parfait Blueberry poptart Grahams Cinnamon toast crunch cereal	18 <sup>th</sup> Breakfast bites Peaches & Cream parfait Apple Jacks Cereal Grahams	19 <sup>th</sup> Build your own wrap Tropical parfait Grahams Frosted flakes cereal Brown sugar oatmeal	20 <sup>th</sup> Sausage, Egg and toast Peaches & cream parfait Chocolate muffin Grahams Trix cereal	21 <sup>st</sup> Cereal Grahams Kolaches Poptarts
24 <sup>th</sup> 	25 <sup>th</sup> 	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
31 <sup>st</sup>				