

# December

## UNITIZED BREAKFAST

K-5

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit</li> <li>Corn Chex/Fruit (DF)</li> </ul> <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> <li>Yogurt/Educational Snacks/Fruit</li> <li>Multigrain Cheerios/Fruit (DF)</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>Corn Chex/Zac Attack Strawberry (1.35 oz)/Fruit (DF)</li> <li>Lemon Muffin/Fruit</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit</li> <li>Breakfast Cinnamon Crumble/Fruit</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit</li> <li>Yogurt/Skeeter HONEY Grahams/Fruit</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin/Fruit (seasonal)</li> <li>COLD Turkey and Cheddar Brekwich (English Muffin)/Fruit</li> </ul> <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> <li>Cinnamon Chex/Zac Attack Strawberry (1.35 oz)/Fruit (DF)</li> <li>Yogurt/Granola/ Fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>French Toast Muffin/Fruit</li> <li>Zac Omega Bar Blackberry (DF)</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>Cheerios/Mini Dipperdoodle Bar/Fruit (DF)</li> <li>Breakfast Cinnamon Crumble/Fruit</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin/Fruit (seasonal)</li> <li>Plain Whole Wheat Bagel/CreamCheese/Fruit</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Lemon Muffin/Fruit</li> <li>String Cheese/Skeeter CINN Grahams/Fruit</li> </ul> <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> <li>zaJumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit</li> <li>MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz)/Fruit (DF)</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit</li> <li>Yogurt/Educational Snacks/Fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble/Fruit</li> <li>String Cheese/Skeeter CINN Grahams/Fruit</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin/Fruit (seasonal)</li> <li>Yogurt/Granola/ Fruit</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Zac Omega Bar Strawberry (2.5 oz)/Fruit (DF)</li> <li>Plain Whole Wheat Bagel/CreamCheese/Fruit</li> </ul> <p style="text-align: right;">22</p>
25	26	27	28	29

Winter Holiday Break

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

