

YOUNG SCHOLARS DECEMBER 2016

SCHOOL BREAKFAST MENU

Monday

Asst. WG Cereal
1 slice Wheat Bread & Jelly
4oz Juice
1/2c Fruit

Tuesday

2 Pancakes & Syrup
4oz Juice
1/2c Fruit

Wednesday

Asst. WG Cereal
1 slice Wheat Bread & Jelly
4oz Juice
1/2c Fruit






Thursday

2 Waffles & Syrup
4oz Juice
1/2c Fruit

Friday

Muffin
4oz Juice
Fresh Fruit

All breakfast served with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
 The Nutrition Group			1	2
5 CLOSED	6	7	8	9
	Hot Roast Beef Hoagie 1/2c Sautéed Peppers Tomatoes and Onions 1/2c Baked Beans 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk	Chicken n Gravy W/ Whole Wheat Bread Slice 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Burger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Panini Sandwich w/ Shaved Turkey & American Cheese 1/2c Carrots & Celery 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk
12	13	14	15	16
Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Orange 1/2c Fruit Mix 1/2pt FF Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF Milk	Cold Roast Beef n Cheese w/1/2c Tomato & Lettuce on WW Bun 1 Mayo Packet 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Spicy Popcorn Chicken Bowl 3oz Spicy Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	Cold Pinwheel Pizza w/ 2oz Cheese 1/2c Romaine & 1/2c Tomato FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk
19	20	21	22 EARLY DISMISSAL	23 CLOSED
Chicken n Gravy w/ Whole Wheat Bread Slice 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	2oz Turkey Ham w/ Pineapple Glaze 1/2c Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Fruit Mix 1 slice Fruit Pie 1/2pt FF Milk	Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes Whole Wheat Bread Slice Fresh Apple 1/2c Pineapple 1/2pt FF Milk		
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED
				



Daily Milk Choices:
Skim,
Flavored
Fat Free,
1% White

All meals include 8oz milk

