



December



START EVERY DAY WITH BREAKFAST

ONLINE MENUS December 2 Pick –UP

½ cup of fruit or juice must be on your tray.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST</u>				
Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice 12-7	Pancakes 2 – Applesauce Cup Milk Choice 12-8	Cereal 2 – Raisins Milk Choice 12-9	Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice 12-3	Pancakes 2 – Applesauce Cup Milk Choice 12-4
<u>LUNCH</u>				
Pizza Corn Steamed Carrots Applesauce/ Frozen Fruit Milk Choice 12-7	Cheesy Mac & Cheese Pinto Beans Sweet Potatoes Corn Bread (6-12) Apricots/Raisins Milk Choice 12-8	PB&J Sandwich Sun Chips Broccoli w/ Dip Raisins Milk Choice 12-2	PB&J Sandwich WG Chips Baby Carrots w/ Dip Fruit Juice (4 oz Boxed) Milk Choice 12-3	PB&J Sandwich Sun Chips Baby Carrots w/ Dip Applesauce Cup (1) Milk Choice 12-4

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Breakfast provides 25% of a child's RDA (Recommended Dietary Allowance). Skipping breakfast lowers academic performance, which can lead to other problems for students. A good breakfast whether eaten at home or at school provides nutritious, healthy food choices including fruit and whole grain products. Only 15% of students eat fruit as recommended by the Food Guide Pyramid. Good health is precious. Help your child make good choices.

If you have difficulty communicating with us or understanding this information because you do not speak English or have a disability, please let us know.

Contact 706-638-7971. Free language assistance or other aids and services are available upon request.

Español: Si tiene dificultades para comunicarse con nosotros, o para entender esta información porque no habla inglés o tiene alguna discapacidad, por favor infórmenos. Comuníquese con 706/638-7971. Tenemos disponibilidad de servicios gratuitos de ayuda en otros idiomas y otro tipo de asistencia y servicios cuando lo solicite.