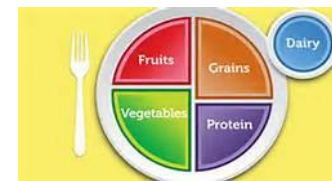




# December



START EVERY DAY WITH BREAKFAST

## ONLINE MENUS

December 9 Pick –UP

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BREAKFAST</u></b>				
Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice 12-14	Pancakes 2 – Applesauce Cup Milk Choice 12-15	Cereal 2 – Raisins Milk Choice 12-16	Pop Tart 2 (4 oz) Boxed Fruit Juice Milk Choice 12-10	Pancakes 2 – Applesauce Cup Milk Choice 12-11
<b><u>LUNCH</u></b>				
Pizza Baby Carrots Green Beans Applesauce/ Frozen Fruit Milk Choice 12-14	Chicken Nuggets Rolls Mixed Vegetable Steamed Broccoli Apricots/Raisins Milk Choice 12-15	PB&J Sandwich Sun Chips Broccoli w/ Dip Raisins Milk Choice 12-9	PB&J Sandwich WG Chips Baby Carrots w/ Dip Fruit Juice (4 oz Boxed) Milk Choice 12-10	PB&J Sandwich Sun Chips Baby Carrots w/ Dip Applesauce Cup (1) Milk Choice 12-11

MENU SUBJECT TO CHANGE BASED UPON AVAILABILTY OF FOOD

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

**Breakfast provides 25 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.