

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

**Fruit/ Vegetable** = minimum 1 cup

--fruit juice and/or vegetable

**Whole grain rich (WG)**

**selection (s)** = minimum 1oz --

biscuit, roll, muffin, bread, cereal

**1 milk** = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change based on product availability**



**This institution is an equal opportunity provider.**

**DECEMBER 2024**

**CITY DAY**

**Breakfast Calendar**

Mon	Tue	Wed	Thu	Fri
2 No School 	3 Mini Muffin String Cheese 100% Fruit Juice Raisins	4 Pop Tart Cheddar Goldfish Apple Slices 100% Fruit Juice	5 Vanilla Goldfish Cold Cereal 100% Fruit Juice Apple	6 Mini Donut Holes Strawberry Craisins 100% Fruit Juice
9 Super Donut Cheddar Goldfish Apples 100% Fruit Juice	10 Mini Muffin String Cheese 100% Fruit Juice Banana	11 Cereal Bar Yogurt Cup 100% Fruit Juice Raisins	12 Pop Tart Cheddar Goldfish Strawberry Craisins 100% Fruit Juice	13 Mini Cinnis 100% Fruit Juice Apple Slices
16 Cereal Bar Yogurt Cup 100% Fruit Juice Apple	17 Apple Frudel 100% Fruit Juice Strawberry Craisins	18 Super Star Donuts Cheddar Goldfish 100% Fruit Juice Cranberries	19 No School 	20 No School
23 No School	24 No School	25 No School	26 No School	27 No School
				
30 No School 	31 No School 			