

# MOENCOPI DAY SCHOOL

- 2023 -

# DECEMBER BREAKFAST

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Reference: North American Food Service



**Adult Breakfast \$2.75**

**Sides \$1.50**

**Milk \$0.50**

This Institution is an equal opportunity.

**\*\*MAY SUBJECT TO CHANGE\*\***

4

Cream of Wheat  
Whole Grain Toast  
Assorted Jelly  
Assorted Juice  
Raisins  
Assorted Milk

5

Turkey Ham, Egg & Cheese  
Sandwich  
Diced Peaches  
Fresh Grapes  
Assorted Milk

6

Oatmeal Muffin Squares  
Strawberry Yogurt  
Blueberries  
Fresh Banana  
Assorted Milk

7

Huevos Rancheros  
Assorted Juice  
Watermelon  
Assorted Milk

8

Pancake on a Stick  
Syrup  
Pineapple Tidbits  
Orange Smiles  
Assorted Milk

11

Blue Corn Mush  
Scrambled Eggs w/ Sausage  
Sliced Peaches  
Mixed Berries  
Assorted Milk

12

Egg & Sausage Sandwich  
Assorted Juice  
Orange Smiles  
Assorted Milk

13

WG Bagel  
Cream Cheese  
Fruit Cocktail  
Watermelon  
Assorted Milk

14

Breakfast Pizza  
Assorted Juice  
Strawberry &  
Banana  
Assorted Milk

15

WG Biscuit  
Cheesy Scrambled Eggs  
Diced Pears  
Orange Smiles  
Assorted Milk

18

French Toast Slices  
Syrup  
Sausage Patty  
Assorted Juice  
Blueberries  
Assorted Milk

19

Breakfast Burrito  
Mild Salsa  
Fresh Apple  
Orange Smiles  
Assorted Milk

20

Blue Corn Mush  
Hard Boil Egg  
Assorted Juice  
Fresh Grapes  
Assorted Milk

21

Whole Grain Toast  
Assorted Jelly  
Scrambled Eggs  
Diced Peaches  
Watermelon  
Assorted Milk

22

Pumpkin Chocolate Chip  
Muffin  
Strawberry Yogurt  
Applesauce  
Orange Smiles  
Assorted Milk

25



26

27

28

29

# NO SCHOOL-WINTER BREAK