


**BREAKFAST**
**DECEMBER 2018 PRE-K– 8<sup>TH</sup>  
CHILD & NUTRITION PROGRAM**
**BIC  
MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Maple Pancakes</b> <b>3</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Yogurt 4 oz. with Granola</b> <b>4</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Cheese Egg Omelet Wrap</b> <b>5</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>French Toast Sticks</b> <b>6</b> 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	<b>Assorted Cold Cereal</b> <b>7</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
<b>Bagel-ful</b> <b>10</b> 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	<b>Cinnamon Waffles</b> <b>11</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Biscuit and Sausage</b> <b>12</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Croissant with Cheese Stick</b> <b>13</b> 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	<b>Assorted Cold Cereal</b> <b>14</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
<b>Honey Biscuit</b> <b>17</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Maple Pancakes</b> <b>18</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Yogurt 4 oz. with Granola</b> <b>19</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	<b>Bagel-ful</b> <b>20</b> 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	<b>Assorted Cold Cereal</b> <b>21</b> 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
<b>Happy Holidays</b> <b>24</b>	<b>Merry Christmas</b> <b>25</b>	<b>Happy Holidays</b> <b>26</b>	<b>Happy Holidays</b> <b>27</b>	<b>Happy Holidays</b> <b>28</b>
<b>Happy Holidays</b> <b>31</b>				

Two-½ cup fruit options will be offered daily.  
 Milk is served with every meal.  
 Choose 1% White Milk or Fat Free White Milk.  
 Student must take a fruit and/or juice.

**ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY  
 ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.**

Fresh Fruit= Whole Fruit  
 Fruit Cup= 4 oz. cup Frozen Fruit



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 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
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