



# BREAKFAST

# DECEMBER 2020

Child Nutrition Pre K – 8th

# HOT BIC

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday

**1**  
Egg & Melted  
Cheese Sandwich  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**2**  
French Toast Sticks  
w/Maple Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**3**  
Pillsbury Bagel-ful  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**4**  
Assorted Low Sugar  
Cereal w/Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**7**  
Assorted  
Muffin Loaf  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**8**  
Warm Pancakes  
w/Maple Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**9**  
Egg & Melted  
Cheese Sandwich  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**10**  
Yogurt 4 oz.  
with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**11**  
Assorted Low Sugar  
Cereal w/Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**14**  
Yogurt 4 oz.  
with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**15**  
Pillsbury Bagel-ful  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**16**  
Warm Croissant  
w/Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**17**  
Warm Pancakes  
w/Maple Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**18**  
Assorted Low Sugar  
Cereal w/Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**21**  
Warm Pancakes  
w/Maple Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**22**  
Yogurt 4 oz.  
with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

**23**  
Egg & Melted  
Cheese Sandwich  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk



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The U.S.D.A. and NYSSED have granted free Breakfast and free Lunch to ALL students until

### Assorted Fruit

Fresh Fruit-1 Piece  
ex (apple, banana,  
orange)

Frozen Fruit Cup 1/2  
cup

Prepared Fruit Cup  
1/2 cup  
Ex. (pear, pear,  
peaches,  
applesauce)