



# DECEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget that Breakfast is for Everyone! Come into the cafeteria and get your day off to a great start with breakfast everyday!</p>		<p><b>1</b> Pancakes w/Syrup Bacon Slice Chilled Fruit Milk</p> <p><b>2</b> General Mills Cereal Toast w/Jelly Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Toast w/Jelly Chilled Fruit, Milk</p>	<p><b>1</b> Homemade Cinnamon Roll Oatmeal Chilled Fruit, Milk</p> <p><b>2</b> Homemade Cinnamon Roll Yogurt, Chilled Fruit, Milk</p> <p><b>3</b> General Mills Cereal Homemade Cinnamon Roll, Chilled Fruit, Milk</p>	<p><b>1</b> Biscuits and Gravy Sausage Patty, Chilled Juice, Milk</p> <p><b>2</b> General Mills Cereal Biscuits w/Jelly Chilled Juice, Milk</p> <p><b>3</b> Hot Oatmeal Biscuits w/Jelly Chilled Juice, Milk</p>
<p><b>1</b> Scrambled Eggs w/ Cheese, Hashbrown, Chilled Fruit Milk</p> <p><b>2</b> General Mills Cereal Blueberry Muffin, Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Blueberry Muffin, Chilled Fruit, Milk</p>	<p><b>1</b> Sausage Biscuit Potato Starz Baked Apple Slices, Milk</p> <p><b>2</b> General Mills Cereal Cinnamon Toast Baked Apple Slices, Milk</p> <p><b>3</b> Hot Oatmeal Cinnamon Toast, Baked Apple Slices, Milk</p>	<p><b>1</b> French Toast Sausage Patty Banana, Milk</p> <p><b>2</b> General Mills Cereal Toast w/Jelly Banana Milk</p> <p><b>3</b> Hot Oatmeal Toast w/Jelly Banana, Milk</p>	<p><b>1</b> Yogurt Parfait Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk</p> <p><b>2</b> General Mills Cereal Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk</p>	<p><b>1</b> Biscuits and Gravy Sausage, Chilled Fruit, Milk</p> <p><b>2</b> General Mills Cereal Biscuits w/Jelly, Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Biscuits w/Jelly Chilled Fruit, Milk</p>
<p><b>1</b> Sausage Pancake on Stick Fresh Orange Smiles Milk</p> <p><b>2</b> General Mills Cereal Fresh Fruit Muffin Orange Smiles, Milk</p> <p><b>3</b> Hot Oatmeal Fresh Fruit Muffin Orange Smiles, Milk</p>	<p><b>1</b> Scrambled Eggs Biscuits w/Jelly Potato Rounds Milk</p> <p><b>2</b> General Mills Cereal Biscuits w/Jelly Chilled Fruit Milk</p> <p><b>3</b> Hot Oatmeal Biscuits w/Jelly Chilled Fruit Milk</p>	<p><b>1</b> Waffles Bacon Slice Banana, Milk</p> <p><b>2</b> General Mills Cereal Cinnamon Toast Banana Milk</p> <p><b>3</b> Hot Oatmeal Cinnamon Toast Banana Milk</p>	<p><b>1</b> Breakfast Quesadilla Chilled Fruit Milk</p> <p><b>2</b> General Mills Cereal Fruit Muffin, Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Fruit Muffin, Chilled Fruit, Milk</p>	<p><b>1</b> Biscuits and Gravy Sausage, Fresh Fruit, Milk</p> <p><b>2</b> General Mills Cereal Biscuits w/Jelly Fresh Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Biscuits w/Jelly Fresh Fruit, Milk</p>
<p><b>1</b> French Toast Sausage Patty Mandarin Oranges Milk</p> <p><b>2</b> General Mills Cereal Cinnamon Toast Mandarin Oranges, Milk</p> <p><b>3</b> Hot Oatmeal Cinnamon Toast, Mandarin Oranges, Milk</p>	<p><b>1</b> Biscuits and Gravy Sausage Patty Chilled Fruit Milk</p> <p><b>2</b> General Mills Cereal Biscuits w/Jelly Chilled Fruit, Milk</p> <p><b>3</b> Hot Oatmeal Biscuits w/Jelly Chilled Fruit, Milk</p>	<p>No School</p> <p>Happy Holidays</p>		

## Breakfast Is For Everyone!

Breakfast keeps kids on target for meeting their daily nutrient needs and for being ready to learn. Nothing starts a cold winter morning better than a good breakfast! Research shows students who eat breakfast:

- ❖ They are more likely to get the nutrients they need to get through the morning.
- ❖ They have higher test scores, miss less school and are tardy less often.
- ❖ It's easier for them to focus, concentrate, solve problems and learn.
- ❖ It's easier for them to behave in the classroom.



The Opaa! Staff will have breakfast ready every morning and breakfast is for every student! Come on in and check out "What's for Breakfast"!