



East Carter Co.
R-II School
District
MIDDLE SCHOOL &
HIGH SCHOOL
BREAKFAST &
LUNCH

DECEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Don't forget that Breakfast is for Everyone! Come into the cafeteria and get your day off to a great start with breakfast everyday!		1 ① Pancakes w/Syrup Chilled Fruit Milk ② General Mills Cereal Toast w/Jelly Chilled Fruit, Milk ③ Hot Oatmeal Toast w/Jelly Chilled Fruit, Milk	2 ① Homemade Cinnamon Roll Oatmeal w/ Toppings Chilled Fruit, Milk ② Homemade Cinnamon Roll Yogurt, Chilled Fruit, Milk ③ General Mills Cereal Homemade Cinnamon Roll, Chilled Fruit, Milk	3 ① Biscuits and Gravy Sausage Patty, Chilled Juice, Milk ② General Mills Cereal Biscuits w/Jelly Chilled Juice, Milk ③ Hot Oatmeal Biscuits w/Jelly Chilled Juice, Milk
6 ① Breakfast Pizza Fresh Fruit Milk ② General Mills Cereal Fruit Muffin, Fresh Fruit, Milk ③ Hot Oatmeal Fruit Muffin, Fresh Fruit, Milk	7 ① Sausage Biscuit Fresh Fruit Milk ② General Mills Cereal Cinnamon Toast Fresh Fruit, Milk ③ Hot Oatmeal Cinnamon Toast, Fresh Fruit, Milk	8 ① French Toast Baked Apple Slices Milk ② General Mills Cereal Toast w/Jelly Baked Apple Slices Milk ③ Hot Oatmeal Toast w/Jelly Baked Apple Slices Milk	9 ① Yogurt Parfait Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk ② General Mills Cereal Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk ③ Hot Oatmeal Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk	10 ① Biscuits and Gravy Sausage, Chilled Fruit, Milk ② General Mills Cereal Biscuits w/Jelly, Chilled Fruit, Milk ③ Hot Oatmeal Biscuits w/Jelly Chilled Fruit, Milk
13 ① Sausage Pancake on Stick Fresh Orange Smiles Milk ② General Mills Cereal Fresh Fruit Muffin Orange Smiles, Milk ③ Hot Oatmeal Fresh Fruit Muffin Orange Smiles, Milk	14 ① Scrambled Eggs Biscuits w/Jelly Potato Rounds Milk ② General Mills Cereal Biscuits w/Jelly Chilled Fruit Milk ③ Hot Oatmeal Biscuits w/Jelly Chilled Fruit Milk	15 It's Waffle Day! ① Waffles, Fresh Fruit, Milk ② General Mills Cereal Cinnamon Toast Fresh Fruit Milk ③ Hot Oatmeal Cinnamon Toast Fresh Fruit Milk	16 ① Breakfast Quesadilla Chilled Fruit Milk ② General Mills Cereal Fruit Muffin, Chilled Fruit, Milk ③ Hot Oatmeal Fruit Muffin, Chilled Fruit, Milk	17 ① Biscuits and Gravy Sausage, Fresh Fruit, Milk ② General Mills Cereal Biscuits w/Jelly Fresh Fruit, Milk ③ Hot Oatmeal Biscuits w/Jelly Fresh Fruit, Milk
20 No School!!!	21	22 Happy Holidays!!!	23	24
27 No School!!!	28	29	30	31

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