



**Gasconade Co.  
R-I School  
District  
ELEMENTARY  
BREAKFAST &  
LUNCH**

# DECEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is for Everyone! We have breakfast ready everyday in the cafeteria - so join us for a good start to your school day!		1 <b>1 Pancakes w/Syrup</b> Chilled Fruit, Milk <b>2 General Mills Cereal</b> Toast w/Jelly, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Toast w/Jelly, Chilled Fruit, Milk	2 <b>1 Homemade Cinnamon Roll</b> Oatmeal w/ Toppings, Chilled Fruit, Milk <b>2 Homemade Cinnamon Roll</b> Yogurt, Chilled Fruit, Milk <b>3 General Mills Cereal</b> Homemade Cinnamon Roll, Chilled Fruit, Milk	3 <b>1 Biscuits and Gravy</b> Sausage Patty, Chilled Juice, Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly, Chilled Juice, Milk <b>3 Hot Oatmeal</b> Biscuits w/Jelly, Chilled Juice, Milk
6 <b>1 Breakfast Pizza</b> Fresh Fruit, Milk <b>2 General Mills Cereal</b> Fruit Muffin, Fresh Fruit, Milk <b>3 Hot Oatmeal</b> Fruit Muffin, Fresh Fruit, Milk	7 <b>1 Sausage Biscuit</b> Potato Starz, Milk <b>2 General Mills Cereal</b> Cinnamon Toast, Banana, Milk <b>3 Hot Oatmeal</b> Cinnamon Toast, Banana, Milk	8 <b>1 French Toast</b> Baked Apple Slices, Milk <b>2 General Mills Cereal</b> Toast w/Jelly, Baked Apple Slices, Milk <b>3 Hot Oatmeal</b> Toast w/Jelly, Baked Apple Slices, Milk	9 <b>1 Trix Yogurt</b> Cinnamon Streusel, Coffee Cake, Chilled Fruit, Milk <b>2 General Mills Cereal</b> Cinnamon Streusel, Coffee Cake, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Cinnamon Streusel, Coffee Cake, Chilled Fruit, Milk	10 <b>1 Biscuits and Gravy</b> Sausage, Chilled Fruit, Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Biscuits w/Jelly, Chilled Fruit, Milk
13 <b>1 Sausage Pancake on Stick</b> Fresh Orange Smiles, Milk <b>2 General Mills Cereal</b> Fresh Fruit Muffin, Fresh Orange Smiles, Milk <b>3 Hot Oatmeal</b> Fresh Fruit Muffin, Fresh Orange Smiles, Milk	14 <b>1 Scrambled Eggs</b> Biscuit w/Jelly, Potato Rounds, Milk <b>2 General Mills Cereal</b> Biscuit w/Jelly, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Biscuit w/Jelly, Chilled Fruit, Milk	15 It's Waffle Sundae Day! <b>1 Waffle Sundae</b> Chilled Fruit, Milk <b>2 General Mills Cereal</b> Cinnamon Toast, Banana, Milk <b>3 Hot Oatmeal</b> Cinnamon Toast, Banana, Milk	16 <b>1 Breakfast Quesadilla</b> Potato Rounds, Milk <b>2 General Mills Cereal</b> Cinnamon Toast, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Cinnamon Toast, Chilled Fruit, Milk	17 <b>1 Biscuits and Gravy</b> Sausage, Fresh Fruit, Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly, Fresh Fruit, Milk <b>3 Hot Oatmeal</b> Biscuits w/Jelly, Fresh Fruit, Milk
20 <b>1 Breakfast Pizza</b> Mandarin Oranges, Milk <b>2 General Mills Cereal</b> Cinnamon Toast, Mandarin Oranges, Milk <b>3 Hot Oatmeal</b> Cinnamon Toast, Mandarin Oranges, Milk	21 <b>1 Biscuits and Gravy</b> Sausage Patty, Chilled Fruit, Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Biscuits w/Jelly, Chilled Fruit, Milk	22 <b>1 French Toast</b> Peaches, Milk <b>2 General Mills Cereal</b> Cinnamon Toast, Peaches, Milk <b>3 Hot Oatmeal</b> Cinnamon Toast, Peaches, Milk	23	24
27	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"!