



**Gasconade Co.  
R-I School  
District  
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 <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 Yogurt Parfait</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 Orange Smiles, Milk <b>3 Hot Oatmeal</b> Fresh Fruit Muffin Orange Smiles, Milk	14 <b>1 Scrambled Eggs</b> Biscuits w/Jelly Potato Rounds Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly Chilled Fruit Milk <b>3 Hot Oatmeal</b> Biscuits w/Jelly Chilled Fruit Milk	It's Waffle Sundae Day! 15 <b>1 Waffles w/ Fruit Topping,</b> Banana, 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> Chilled Fruit Milk <b>2 General Mills Cereal</b> Fruit Muffin, Chilled Fruit, Milk <b>3 Hot Oatmeal</b> Fruit Muffin, 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"!