Elementary Breakfast Menu

School December 2010

WG Made with healthy Whole Grains

Locally Grown Local ingredients are used when in season

		1 Nutri Donut 30 Goldfish Pretzels 17 featured sides Milk 13	**2** Reduced Sugar Fruit Loops 16 WG Cheddar Goldfish 17 featured sides Fruit Juice 15 Milk 13	**3** Rice Krispie Cereal Bar 27 Elf Grahams 16 featured sides Fruit Juice 15 Milk 13
6 Whole Grain Pastry 30 Teddy Graham 16 Fruit Juice 15 Milk 13	**7** French Toast Cinnamania Fruit Juice 15 Milk 13	**8** Cereal in a Bag 22 Physedible Crackers 18 Fruit Juice 15 Milk 13	**9** Reduced Sugar Frosted Flakes 27 Gold Fish Grahams Raisins 15 Milk 13	**10** *Dazzle UBR Round 43 Peanut Aware Schools Bagel w/ Jelly 28 Strawberry Cup Milk 13
13 Chocolate Mini-Wheats 23 WG Teddy Graham 16 featured sides Fruit Juice 15 Milk 13	**14** String Cheese Bug Bites 23 featured sides Fruit Juice 15 Milk 13	**15** Nutri Donut 30 Goldfish Pretzels 17 featured sides Milk 13	**16** Reduced Sugar Apple Jacks WG Scrabble Cheezits 18 featured sides Fruit Juice 15 Milk 13	**17** Blueberry Muffin 32 Cheddar Goldfish 17 featured sides Applesauce Cup 26 Milk 13
20 Kids Mix 18 Elf Grahams 16 featured sides Fruit Juice 15 Milk 13	**21** Cereal in a Bag 22 Physedible Crackers 18 featured sides Fruit Juice 15 Milk 13	**22** Cube Cheese Bug Bites 23 featured sides Fruit Juice 15 Milk 13	**23** Reduced Sugar Fruit Loops 16 Cheddar Goldfish 17 featured sides Fruit Juice 15 Milk 13	**24** No School
27 No School	**28** No School	**29** No School	**30** No School	**31** No School

Ace's Lucky Breakfast Week — Eat breakfast for your chance to win

Ace & his friends know that to be healthy it is important to eat breakfast everyday; but it is also very important to make the right breakfast choices. Sugary cereals and donuts are not good breakfast choices, because they can be high in fat, sugar and calories. Plus, these foods won't keep you feeling "full" or satisfied all morning long.

Free and Reduced
Applications available in the office

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