



4K Breakfast Menu

December 2019

2

Frosted Mini
Wheats

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

3

Banana Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

4

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

5

Yogurt

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

6

Rice Krispies

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

9

Apple Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

10

Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

11

Chex Cereal

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

12

Frosted Mini
Wheats

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

13

No School

Staff
Development
Day

16

Rice Krispies

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

17

Apple Cinnamon
Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

18

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

19

Strawberry Yogurt

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

20

Blueberry Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

No School, Winter Break

Start your day off right
Enjoy a FREE breakfast daily!!!

More info...
foodservice@4beloitschools.net