



# Head Start Breakfast Menu

December 2018

<b>3</b> Cheerios  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>4</b> Yogurt  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>5</b> Rice Krispies  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>6</b> Blueberry Muffin  100% Fruit juice Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>7</b> Frosted Mini Wheats  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk
<b>10</b> Coco Frosted Mini Wheats  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>11</b> Blueberry Muffin  100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>12</b> Cream Cheese Bagel  Fresh Fruit 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>13</b> Yogurt  Fresh Fruit Choice Of 1% Unflavored Milk Unflavored Skim Milk	<b>14</b> No School
<b>17</b> Chex  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>18</b> Cream Cheese Bagel  100 % Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>19</b> Yogurt  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>20</b> Rice Krispies  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>21</b> Frosted Mini Wheats  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk
<b>24</b> No School  Winter Break	<b>25</b> No School  Winter Break	<b>26</b> No School  Winter Break	<b>27</b> No School  Winter Break	<b>28</b> No School  Winter Break
<b>31</b> No School  Winter Break	<b>1</b> No School  Winter Break	<b>2</b> Rice Krispies  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>3</b> Yogurt  Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk	<b>4</b> Blueberry Muffin  100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

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

**More info...**  
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