## refresh. refuel. relax.

## **School District of Beloit Intermediate Breakfast**

December 2018

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Egg, Cheese & Sausage Slider

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Breakfast Sandwich

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Cinnamon Cream Cheese Bagel

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

10

Benefit Bar

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Country Chicken **Biscuit** 

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

12

French Toast

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

13

Cinnamon Cream Cheese Bagel

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

14

No School

17

Cinnamon French Toast

Fresh Fruit or Craisins Choice of 1% unflavored Milk or Unflavored Skim Milk

18

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

19

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

20

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

21

Apple Frudel

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

24

No School

Winter Break

25

No School

Winter Break

26

No School

Winter Break

27

No School

Winter Break

28

No School

Winter Break

31

No School

Winter Break

No School

Winter Break

Egg, Cheese & Sausage Slider

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Breakfast Pizza

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

Mini Cinnamon Rolls

Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk

## CHALLENGE YOURSELF:

KEEP ACTIVE

+ WALK MORE

+ ALL DAY

= A STRONG & FIT YOU

Daily Offering!

Cereal or Yogurt Served as a Second Choice Instead of the Main Entree



