



Breakfast in the Classroom

Empire
December 2018

3 Blueberry Muffin Fresh Whole Apple	4 Apple Bosco Stick Fresh Banana and 100% Fruit Juice	5 Mini Strawberry Pancakes Fresh Whole Apple	6 Chocolate Muffin Fresh Banana and 100% Fruit Juice	7 Cherry Frudel Fresh Whole Apple
10 Chocolate Oat Benefit Bar Fresh Whole Apple	11 Chocolate Crescent Fresh Banana and 100% Fruit Juice	12 Mini Blueberry Waffles Fresh Whole Apple	13 Banana Muffin Fresh Banana and 100% Fruit Juice	14 Chocolate Oat Benefit Bar Fresh Whole Apple
17 Chocolate Chip Muffin Fresh Whole Apple	18 Mini Blueberry Waffles Fresh Banana and 100% Fruit Juice	19 Chocolate Crescent Fresh Whole Apple	20 Cherry Frudel Fresh Banana and 100% Fruit Juice	21 Apple Bosco Stick Fresh Whole Apple
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				

More info...

All Grains are Whole Grain
Students will be asked to choose at least 3 items daily. 1 item must be a fruit choice.

More info...

Meal Prices

Breakfast - \$1.50 Lunch - \$2.85
NO Charge for Students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices