



# Elementary Breakfast Menu

December 2018

**3**  
Pancakes w/ Syrup  
Jurassic Park  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Pears  
100% Grape Juice

**4**  
Blueberry Muffin  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Mixed Fruit  
100% Fruit Juice

**5**  
Omelet w/ Tater Tots  
& Toast  
Animal Crackers w/  
String Cheese

Fresh Banana  
Applesauce  
100% Orange Juice

**6**  
WG Glazed Donut  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Strawberry Craisins  
100% Fruit Juice

**7**  
Cherry Frudel  
Jurassic Park  
Grahams  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Peaches  
100% Apple Juice

**10**  
Cheesy Scrambled  
Eggs  
Jurassic Park  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Pears  
100% Grape Juice

**11 National Bagel Day**  
Bagel w/ Cream Cheese  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Mixed Fruit  
100% Fruit Juice

**12**  
Apple Bosco Stick  
Animal Crackers w/  
String Cheese

Fresh Banana  
Applesauce  
100% Orange Juice

**13**  
WG Mini Strawberry  
Pancakes  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Strawberry Craisins  
100% Fruit Juice

**14**  
WG Chocolate Muffin  
Jurassic Park  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Peaches  
100% Apple Juice

**17**  
Cherry Frudel  
Jurassic Park  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Pears  
100% Grape Juice

**18**  
Strawberry Cream  
Cheese Bagel  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Mixed Fruit  
100% Fruit Juice

**19**  
WG Blueberry Muffin  
Animal Crackers w/  
String Cheese

Fresh Banana  
Applesauce  
100% Orange Juice

**20**  
WG French Toast Sticks  
Goldfish Pretzels w/  
Strawberry Banana  
Yogurt

Fresh Fruit  
Strawberry Craisins  
100% Fruit Juice

**21**  
Chocolate Crescent  
Jurassic Park  
Grahams w/ String  
Cheese

Fresh Apple  
Diced Peaches  
100% Apple Juice

**24**  
No School

**25**  
No School

**26**  
No School

**27**  
No School

**28**  
No School

**31**  
No School

## More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

## More info...

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

## Grab a milk

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

Menu is subject to change