

Mount Arlington

December 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

All Meals Come With:
100% Fruit Juice
Chilled Fruit
Milk Selection

Student Breakfast

\$1.50

Adult Breakfast

\$2.25

Reduced Breakfast

\$0.30

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				1 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
4 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	5 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	6 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	7 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	8 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
11 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	12 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	13 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	14 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	15 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
18 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	19 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	20 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	21 Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese	22 Half Day Donut, Muffin, Mini Cinnis, Cereal Meal, Assorted Breakfast Sandwiches, Mini Pancakes, Mini Waffles, or Bagel with Cream Cheese
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

MENU SUBJECT TO CHANGE

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