

Decker School

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 SERVED 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 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
4 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	5 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	6 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	7 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	8 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
11 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	12 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	13 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	14 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	15 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
18 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection	19 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection	20 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection	21 Assorted Cereal with Graham Crackers or Egg & Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection	22 Half Day Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

MENU SUBJECT TO CHANGE

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