

# December 2018

## Florence 3 School District Head Start/Family Literacy (Breakfast)

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

3

French Toast Sticks  
Pineapple Tidbits  
Fruit Juice

4

Biscuit w/Turkey Sausage Patty  
Sliced Peaches  
Fruit Juice

5

Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

6

Apple Frudel  
Diced Pears  
Fruit Juice

7

Breakfast Pizza  
Applesauce  
Fruit Juice

10

Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

11

Muffin  
Diced Pears  
Fruit Juice

12

Mini Blueberry Pancakes  
Mandarin Orange  
Fruit Juice

13

Biscuit w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

14

Pop Tart  
Applesauce  
Fruit Juice

17

Breakfast Pizza  
Sliced Peaches  
Fruit Juice

18

Apple Frudel  
Pineapple Tidbits  
Fruit Juice

19

Pop Tart  
Diced Pears  
Fruit Juice

20

Muffin  
Mandarin Orange  
Fruit Juice

21

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

24

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

25

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

26

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

27

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

28

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

31

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

### Did you know...

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.

**Milk Choices Daily:**  
1% White, Skim White,

Adult Meal Price for Breakfast is \$2.20

Menus are subject to change based on  
product availability.

### Nutrition Education

You will eat about 50 tons of food in your lifetime. Each day's intake of nutrients may affect your body only slightly, but a lifetime of poor food choices can have a devastating affect on total health.

Eating right simply means being more conscious about the type of food you eat. Increasing the consumption of food items such as sumptuous fruits and fresh vegetables will nourish your body like no other!

This institution is an equal opportunity provider.



# December 2018

## Florence 3 School District K-8 Grades (Breakfast)

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

3

French Toast Sticks  
Mixed Fruit  
Fruit Juice

4

Waffle w/Syrup  
Sliced Peaches  
Fruit Juice

5

Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

6

Breakfast Bites  
Diced Pears  
Fruit Juice

7

Breakfast Pizza  
Applesauce  
Fruit Juice

10

Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

11

Muffin  
Diced Pears  
Fruit Juice

12

Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

13

Grits w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

14

Pancake w/Sausage on Stick  
Applesauce  
Fruit Juice

17

Breakfast Pizza  
Sliced Peaches  
Fruit Juice

18

Apple Frudel  
Pineapple Tidbits  
Fruit Juice

19

Pancake w/Sausage on Stick  
Diced Pears  
Fruit Juice

20

Muffin  
Mandarin Orange  
Fruit Juice

21

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

24

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

25

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

26

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

27

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

28

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

31

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

### *Did you know...*

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### **Milk Choices Daily:**

1% White, Skim White,  
Fat Free Chocolate, Fat Free Vanilla,  
Fat Free Strawberry

Cereal is offered daily with Breakfast.

Adult Meal Price for Breakfast is \$2.20

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product availability.

### **Nutrition Education**

You will eat about 50 tons of food in your lifetime. Each day's intake of nutrients may affect your body only slightly, but a lifetime of poor food choices can have a devastating affect on total health.

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# December 2018

## Florence 3 School District 9-12 Grades (Breakfast)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

3

French Toast Sticks  
Or  
Breakfast Cereal Bar  
Mixed Fruit  
Fruit Juice

4

Waffle w/Syrup  
Or  
Breakfast Cereal Bar  
Sliced Peaches  
Fruit Juice

5

Buttered Toast  
w/Scrambled Eggs  
Or  
Breakfast Cereal Bar  
Orange Slices  
Fruit Juice

6

Breakfast Bites  
Or  
Breakfast Cereal Bar  
Diced Pears  
Fruit Juice

7

Breakfast Pizza  
Or  
Breakfast Cereal Bar  
Applesauce  
Fruit Juice

10

Chicken Patty w/Biscuit  
Or  
Breakfast Cereal Bar  
Sliced Peaches  
Fruit Juice

11

Muffin  
Or  
Breakfast Cereal Bar  
Diced Pears  
Fruit Juice

12

Mini Blueberry Pancakes  
w/Syrup  
Or  
Breakfast Cereal Bar  
Mandarin Orange  
Fruit Juice

13

Grits w/Turkey Sausage Patty  
Or  
Breakfast Cereal Bar  
Pineapple Tidbits  
Fruit Juice

14

Pancake w/Sausage on Stick  
Or  
Breakfast Cereal Bar  
Applesauce  
Fruit Juice

17

Breakfast Pizza  
Or  
Breakfast Cereal Bar  
Sliced Peaches  
Fruit Juice

18

Apple Frudel  
Or  
Breakfast Cereal Bar  
Pineapple Tidbits  
Fruit Juice

19

Pancake w/Sausage on Stick  
Or  
Breakfast Cereal Bar  
Diced Pears  
Fruit Juice

20

Muffin  
Or  
Breakfast Cereal Bar  
Mandarin Orange  
Fruit Juice

21

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

24

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

25

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

26

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

27

**WINTER BREAK**  
**SCHOOL DISTRICT**  
**CLOSED**

28

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**SCHOOL DISTRICT**  
**CLOSED**

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