

 9-12 Grades (LCH) "This institution is an equal opportunity provider."		Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate Adult Meal Price: \$3.07			¹ Chicken Bites w/Mini Pancakes & Syrup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	² Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
⁵ Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice	⁶ Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	⁷ Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	⁸ Pancake Pup <u>or</u> Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	⁹ Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
¹² Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice	¹³ Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	¹⁴ Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	¹⁵ Chicken Bites w/Mini Pancakes & Syrup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	¹⁶ Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 December 19-30, 2022		

DECEMBER 2022

GRAB-N-GO BREAKFAST

 9-12 Grades (LCH) "This institution is an equal opportunity provider."		Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate Adult Meal Price: \$3.07			1	2 Mocha or Caramel YoGo Coffee Cooler Very Berry Smoothie Yogurt Parfait w/Berries Pop Tart Muffin Chilled Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6 Mocha or Caramel YoGo Coffee Cooler Strawberry or Apple Orange Smoothie Yogurt Parfait w/Berries Lemon or Blueberry Bread Banana Loaf Chilled Fresh Fruit	7	8	9 Mocha or Caramel YoGo Coffee Cooler Very Berry Smoothie Yogurt Parfait w/Berries Pop Tart Muffin Chilled Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13 Mocha or Caramel YoGo Coffee Cooler Strawberry or Apple Orange Smoothie Yogurt Parfait w/Berries Lemon or Blueberry Bread Banana Loaf Chilled Fresh Fruit	14	15	16 Mocha or Caramel YoGo Coffee Cooler Very Berry Smoothie Yogurt Parfait w/Berries Pop Tart Muffin Chilled Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 December 19-30, 2022		