DECEMBER 2022

FLORENCE 3 SCHOOL DISTRICT
A PREMIER DISTRICT OF CHOICE

BREAKFAST

K-8 Grades (SES)

"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 Nutri-Grain Bar Muffin Yogurt 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 Assorted Chilled Fruit Fruit Juice	8 Nutri-Grain Bar 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 Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	13 Scrambled Eggs Seasoned Hash Brown Assorted Chilled Fruit Fruit Juice	14 Breakfast Pizza Assorted Chilled Fruit Fruit Juice	15 Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	16 Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
		 WINTER BREAK December 19-30, 2022		