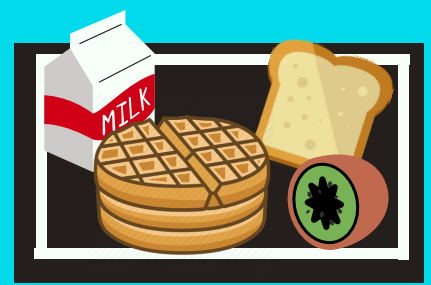


December 2018 Middle Schools & MTA Breakfast Menu



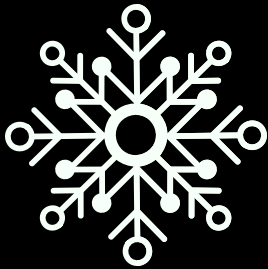
Fat Free White Milk or Fat Free Flavored Milk is offered with each meal.
This institution is an equal opportunity provider. Menus are subject to change.

Breakfast of Champions

- Monday, Dec. 3rd**French Toast
- Tuesday, Dec. 4th**Strawberry Parfait
- Wednesday, Dec. 5th**Dutch Waffle
- Thursday, Dec. 6th**Banana Bread
- Friday, Dec. 7th**Pancake & Sausage
Corn Dog

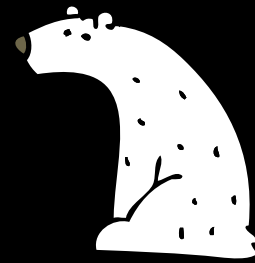
Keep Calm...and Eat Breakfast

- Monday, Dec. 10th**Glazed Donut Bites
- Tuesday, Dec. 11th**Breakfast Quesadilla
- Wednesday, Dec. 12th**.....Apple Strudel
- Thursday, Dec. 13th**Madison McMuffin
Egg Sandwich
- Friday, Dec. 14th**.....Breakfast Pizza



Every Day Eats

- *Variety of Cereal
- *Fresh Fruit
- *Cinnamon Toast



Breakfast:

The Best Part of Waking Up

- Monday, Dec. 17th**Waffle
- Tuesday, Dec. 18th**Pancake & Sausage
Sandwich
- Wednesday, Dec. 19th**....Oatmeal w/Toppings
- Thursday, Dec. 20th**Eggs & Hash Browns
- Friday, Dec. 21st**Turkey & Cheese
Croissant

Dec. 24th-Jan.4th

Winter Break: No School

School resumes on Monday, January 7th, 2019

Get creative in the kitchen over break!

Stay warm with some hearty scrambled eggs for breakfast. To take it up a notch, add:

- chopped kale
- shredded carrots
- sweet bell peppers
- garlic
- shredded cheese
- onions



#FoodforThought

Shop for **in season produce!** Seasonal produce is usually on sale and tastes great! Check out these in season specials: arugula, **beets**, broccoli, brussel sprouts, clementines, grapefruit, spinach, tangerines, and spinach!

