



# December 2018

**InSeason!Grapefruit**

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Assorted Cereal **03**  
Oatmeal  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Fresh Baked Muffin **04**  
Yogurt  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Pizza **05**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

French Toast Dippers **06**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Sausage or Bacon **07**  
Breakfast Sandwich  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Cereal **10**  
Oatmeal  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Ultimate Round **11**  
Yogurt  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Scrambled Eggs **12**  
w/ 1/2 Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Waffle Sticks **13**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Sausage or Bacon **14**  
Breakfast Sandwich  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

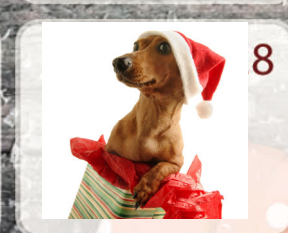
Assorted Cereal **17**  
Oatmeal  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Pop Tart **18**  
Yogurt  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Ultimate Round **19**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on Stick **20**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Sausage or Bacon **21**  
Breakfast Sandwich  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk



**Announcements**

**Choices Available Daily:**  
Assorted Cereal  
Assorted Cereal w/1/2 bagel  
Bagel w/ Cream Cheese

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

**"USDA is an equal opportunity provider and employer"**

**Meal Prices**

**Breakfast and Lunch will be served at NO COST to students for the 17/18 school year!**  
**Must Take a Full Meal**