



# EGCSD Breakfast Menu K-8



**December 2021**

Menu Subject to Change


Monday

Tuesday

Wednesday

Thursday

Friday

A			1) <b>Lenders bagel</b> 1 oz. cream cheese Fresh Fruit, fruit cup or juice Low fat or fat free milk Half Day K-5	2) <b>Mini pancakes</b> Soft and tasty 100% juice cup Fresh Fruit or Light Fruit Cup Low fat or fat free milk	3) <b>Pillsbury pull apart bagel</b> Cream cheese filling 100% juice cup Fresh Fruit or Light Fruit Cup Low fat or fat free milk
B	6) <b>Pillsbury mini waffles</b> Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	7) <b>Whole grain muffin</b> 1oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	8) <b>Assorted Cereal Bowls</b> 1oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	9) <b>Delicious Frudel</b> Cherry danish 100% Juice cup Fresh fruit or Light fruit cup Low Fat or Fat Free Milk	10) <b>Mini pancakes</b> Soft and tasty 100% juice cup Fresh Fruit or Light Fruit Cup Low fat or fat free milk
A	13) <b>Cereal bar</b> 1oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	14) <b>Whole grain Poptart</b> 1oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	15) <b>Lender's bagel</b> 1oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	16) <b>Whole grain muffin</b> 1oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	17) <b>Pillsbury mini waffles</b> Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
B	20) <b>Whole grain Poptart</b> 1oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	21) <b>Cereal bar</b> 1oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	22) <b>Delicious Frudel</b> Cherry danish 100% Juice cup Fresh fruit or Light fruit cup Low Fat or Fat Free Milk	23) <b>Assorted Cereal Bowls</b> 1oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	24) <b>Holiday Recess</b>
	27) 	28)	29) <b>Holiday</b>	30) <b>Recess</b>	31)

***This institution is an equal opportunity provider and employer***

All meals are package with heating and refrigeration instruction

All meals meet the Whole grain requirement

All meals include fresh fruit, 100% juice, low fat or fat free milk

We serve a variety of breakfast items