

**POSITIVE EDUCATION PROGRAM
K-12 BREAKFAST MENU
DECEMBER 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	CINNAMON TOAST CRUNCH CEREAL 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	APPLE CINNAMON BAR FRESH APPLE 1/2 C APPLE JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C PEACHES 1/2 C GRAPE JUICE SYRUP MILK
9	10	11	12	13
BIRTHDAY CAKE BAR 1/2 C PEARS 1/2 C APPLE JUICE MILK	CHOCOLATE MUFFIN 1/2 C MANDARIN ORANGE 1/2 C GRAPE JUICE MILK	DONUT 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	BANANA CHOCOLATE BAR FRESH APPLE 1/2 C APPLE JUICE MILK	BLUEBERRY BASH WAFFLE 1/2 C PEACHES 1/2 C GRAPE JUICE SYRUP MILK
16	17	18	19	20
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	CINNAMON TOAST CRUNCH CEREAL 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	APPLE CINNAMON BAR FRESH APPLE 1/2 C APPLE JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C PEACHES 1/2 C GRAPE JUICE SYRUP MILK
23	24	25	26	27



Sleeping
 Snowboarding Sleepy Skating
 StayingUpAllNight OceanPlunge Softball Laid-Back Home
 Snowblowing Hiking Sledding
 HotChocolate sleep
 Exciting MoreFood Cold Fun
 Snow WinterBreak
 Movies Facetime Cabin
 Relaxing Basketball Rain Family
 Food Fortnite Oversleeping DeliciousFood
 TikTok BoardGames Phone
 Friends Gifts
 Skiing
 Presents VideoGames



SERVING SIZES:
2 oz. of whole Grain, 1c Fruit or 1c Fruit Juice, 8oz. skim or 1% Milk
calories not to exceed 500, saturated fat not to exceed 10% of total weekly calories