



# December 2022 Breakfast K-8




Sun	Mon	Tue	Wed	Thu	Fri	Sat
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\*Menu subject to change  
 \*This is an equal opportunity employer.  
 Pomerene School Breakfast Menu K-8



1 Sweet Potatoe Pancakes Fruit / Vegetables Milk / Juice	2 French Toast Sticks Fruit / Vegetables Milk / Juice	3 Breakfast: \$1.25 Reduced: \$0.30 Milk: \$0.50 
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4 <u>Nutrition requirements:</u> Main Dish Grain / Meat or Meat alternative: Min. 1oz daily	5 Cereal Fruit / Vegetables Milk / Juice	6 Choc. Chip Muffins Fruit / Vegetables Milk / Juice	7 Sausage Pancake on a Stick Fruit / Vegetables Milk / Juice	8 Breakfast Pizza Fruit / Vegetables Milk / Juice	9 Biscuits & Gravy Sausage Patty Fruit / Vegetables Milk / Juice	10
11 Fruit Choice: Min. 1/2c daily Vegetable Choice: Min. 1/2c daily	12 Instant Oatmeal Fruit / Vegetables Milk / Juice	13 Cereal Fruit / Vegetables Milk / Juice	14 Maple Waffles Fruit / Vegetables Milk / Juice	15 Egg Patty & Hash Brown Fruit / Vegetables Milk / Juice	16 Pancakes Fruit / Vegetables Milk / Juice	17
18 Starchy, Beans / Peas, other 1/2c daily. Red / Orange 3/4c Wk.	19 Sausage Patty Sandwich Fruit / Vegetables Milk / Juice	20 Cereal Fruit / Vegetables Milk / Juice	No School Winter Break			24
25 Drink Choice: Min. 1 F1 oz daily. Milk must be offered.	26 	27	28	29	30 	31 *Daily breakfast alternative: Yogurt and Graham crackers.
No School Winter Break						