



Elementary Breakfast Menu

December 2018

3
Pancakes w/ Syrup
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
Diced Pears
100% Grape Juice

4
Blueberry Muffin
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Mixed Fruit
100% Fruit Juice

5
Omelet w/ Tater Tots
& Toast
Animal Crackers w/
String Cheese

Fresh Banana
Applesauce
100% Orange Juice

6
WG Glazed Donut
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

7
Cherry Frudel
Jurassic Park
Grahams
Grahams w/ String
Cheese

Fresh Apple
Diced Peaches
100% Apple Juice

10
Cheesy Scrambled
Eggs
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
Diced Pears
100% Grape Juice

11 National Bagel Day
Bagel w/ Cream Cheese
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Mixed Fruit
100% Fruit Juice

12
Apple Bosco Stick
Animal Crackers w/
String Cheese

Fresh Banana
Applesauce
100% Orange Juice

13
WG Mini Strawberry
Pancakes
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

14
WG Chocolate Muffin
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
Diced Peaches
100% Apple Juice

17
Cherry Frudel
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
Diced Pears
100% Grape Juice

18
Strawberry Cream
Cheese Bagel
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Mixed Fruit
100% Fruit Juice

19
WG Blueberry Muffin
Animal Crackers w/
String Cheese

Fresh Banana
Applesauce
100% Orange Juice

20
WG French Toast Sticks
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

21
Chocolate Crescent
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
Diced Peaches
100% Apple Juice

24
No School

25
No School

26
No School

27
No School

28
No School

31
No School

More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

More info...

Breakfast - \$ 1.50 Lunch - \$2.85
NO Charge for students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices

Menu is subject to change