







# Sylvan Heights Science Charter School December 2018 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec. 3 Breakfast Pastry Fresh Apple Slices & 100% Juice	Dec. 4 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Dec. 5 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Dec. 6 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Dec. 7 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Dec. 10 Breakfast Pastry Fresh Apple Slices & 100% Juice	Dec. 11 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Dec. 12 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Dec. 13 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Dec. 14 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Dec. 17 Breakfast Pastry Fresh Apple Slices & 100% Juice	Dec. 18 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	Dec. 19 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	Dec. 20 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	Dec. 21 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
Dec. 24 	Dec. 25 	Dec. 26 	Dec. 27 	Dec. 28 
Dec. 31 				

## What Makes a Breakfast Meal?

**Breakfast includes these**

**Meal Components:**

**Grains      Fruits      Milk**

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



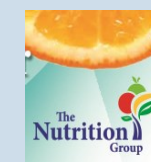
GENERAL MILLS



## Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments  
Contact

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