

Sylvan Heights Science Charter School

December 2017 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>5 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>	<p>6 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>7 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>8 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>11 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>12 Cereal Bowl Cinnamon Crisps Chilled Peaches & 100% Juice</p>	<p>13 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>14 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice</p>	<p>15 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>18 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>19 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>	<p>20 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>21 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>22 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>

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.



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments

Contact

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