

MERRY CHRISTMAS



HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

December 2018

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday - 3	Tuesday - 4	Wednesday - 5	Thursday - 6	Friday - 7
Chicken Biscuit Cereal	Eggo Mini Waffles Cereal	Breakfast Sausage Pizza Cereal	Blueberry Muffin Cereal	Oatmeal Chicken Rings Cereal
Monday - 10	Tuesday - 11	Wednesday - 12	Thursday - 13	Friday - 14
Sausage and Pancake on a Stick Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Eggo Confetti Mini Pancakes Cereal
Monday - 17	Tuesday - 18	Wednesday - 19	Thursday - 20	Friday - 21
Cinnamon Glazed French Toast Sticks Cereal	Ham and Cheese on a Croissant Cereal	Biscuit Scrambled Egg Cereal	Biscuit Gravy Cereal	Teacher Inservice NO SCHOOL FOR STUDENTS

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

Breakfast Meal Pattern

1 oz. equivalent Grains/Breads daily (minimum 7 oz. eq. per week)

1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met

1 cup Fruit daily (5 cups weekly)

1 cup Milk daily (5 cups per week)

Milk Choices:

1/2 pint lowfat (1%) white milk

1/2 pint fat free 0% white milk

1/2 pint fat free 0% chocolate milk

1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.

