

DECEMBER 2018

Gilbertsville Mt. Upton CSD

Breakfast Prices
 PreK-12 \$1.40
 Reduced \$.25
 Milk \$.55
 Offered Daily
 Bagel & Cereal

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3</p> <p>French Toast Sticks 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>4</p> <p>Egg & Cheese Wrap 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>5</p> <p>Egg Pop & Cheese Stick 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>6</p> <p>Fresh Baked Muffin 4 oz. Yogurt 100 % Juice Fresh or Canned Fruit Low Fat or Fat free Milk</p>	<p>7</p> <p>Breakfast on a Stick 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	
<p>10</p> <p>Yogurt Parfait 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>11</p> <p>Whole Grain Pop Tart 4 oz. Yogurt Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>12</p> <p>Cheese Omelet ½ Bagel 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>13</p> <p>Homemade Breakfast Bar 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>14</p> <p>Breakfast Sandwich 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	
<p>17</p> <p>Mini Pancakes 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>18</p> <p>Egg & Cheese Wrap 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>19</p> <p>Breakfast Grilled Cheese 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>20</p> <p>Fresh Baked Muffin 4 oz. Yogurt 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk</p>	<p>21</p> <p>Bagel 100 % Juice Fresh or Canned Fruit Low Fat or Fat Free Milk (11:00 Dismissal)</p>	
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	
<p>← <i>Holiday Recess - No School</i> →</p>					
<p>31</p>	 <p>~ Spend time with family & friends ~ ~ Play outside or play a board game! ~ ~ How many books can you read? ~</p>				

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MENU SUBJECT TO CHANGE