



December 2017

FIRST AVENUE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
4 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	5 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	6 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	7 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	8 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
11 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	12 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	13 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	14 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	15 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
18 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	19 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	20 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	21 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	22 MINIMUM DAY PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS* CINN POPTART F FA
25 CHRISTMAS	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK

Harvest
of the
Month

Network for a Healthy California



OFFERED DAILY:

- 1% LOWFAT MILK
- NONFAT CHOC. MILK
- APPLE JUICE
- ORANGE JUICE
- FRESH FRUIT

You must choose at least 3 items (meat, grain, fruit, juice, milk)

1 must be a fruit

All meals are low sodium and all grains are whole grains!