



December 2017

FOOTHILLS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
4 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	5 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	6 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	7 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	8 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
11 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	12 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	13 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	14 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	15 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
18 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	19 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	20 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	21 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	22 MINIMUM DAY BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
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!