



# December 2017

## LONGLEY WAY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHOCOLATE MUFFIN* ASSORTED CEREALS*
4 PANCAKES & SAUSAGE ASSORTED CEREALS*	5 FRENCH TOAST STICKS MINI BAGELS*	6 BREAKFAST BURRITO CHOCOLATE MUFFIN*	7 YOGURT PARFAIT* BREAKFAST PIZZA	8 CHOCOLATE MUFFIN* ASSORTED CEREALS*
11 PANCAKES & SAUSAGE ASSORTED CEREALS*	12 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	13 BREAKFAST BURRITO CHOCOLATE MUFFIN*	14 YOGURT PARFAIT* BREAKFAST PIZZA	15 CHOCOLATE MUFFIN* ASSORTED CEREALS*
18 PANCAKES & SAUSAGE ASSORTED CEREALS*	19 FRENCH TOAST STICKS MINI BAGELS*	20 BREAKFAST BURRITO CHOCOLATE MUFFIN*	21 YOGURT PARFAIT* BREAKFAST PIZZA	22 CHOCOLATE MUFFIN* ASSORTED CEREALS*
25 CHRISTMAS	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK



**OFFERED DAILY:**

- 1% LOWFAT MILK
- NONFAT CHOC. MILK
- FRESH FRUITS AND VEGETABLES

Choose at least 3 components (meat, grain, milk, fruit or vegetable)

1 must be a fruit or vegetable

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