



December 2017

HUGO REID BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHOCOLATE MUFFIN* ASSORTED CEREALS*
4 CHOCOLATE MUFFIN* ASSORTED CEREALS*	5 BLUEBERRY MUFFIN* MINI BAGELS*	6 CHOCOLATE MUFFIN* ASSORTED CEREALS*	7 YOGURT PARFAIT* HONEY LEMON LOAF*	8 CHOCOLATE MUFFIN* ASSORTED CEREALS*
11 CHOCOLATE MUFFIN* ASSORTED CEREALS*	12 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	13 CHOCOLATE MUFFIN* ASSORTED CEREALS*	14 YOGURT PARFAIT* HONEY LEMON LOAF*	15 CHOCOLATE MUFFIN* ASSORTED CEREALS*
18 CHOCOLATE MUFFIN* ASSORTED CEREALS*	19 BLUEBERRY MUFFIN* MINI BAGELS*	20 CHOCOLATE MUFFIN* ASSORTED CEREALS*	21 YOGURT PARFAIT* HONEY LEMON LOAF*	22 CHOCOLATE MUFFIN* ASSORTED 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 take at least 3 items (meat, grain, fruit, juice, or milk)

1 must be a fruit

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