

December 2019

Elementary, Highlands, Nantahala, Union

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal* Toast with Cinnamon* Poptart* Cereal* Apple Orange Juice Milk	3 Pumpkin Bread* Poptart* Cereal* Orange Apple Juice Milk	4 Sausage Biscuit* Poptart* Cereal* Banana Grape Juice Milk	5 Powdered Donuts* Poptart* Cereal* Fresh Fruit Orange Juice Milk	6 Biscuit N Gravy* Poptart* Cereal* Orange Apple Juice Milk
9 Breakfast Pizza* Poptart* Cereal* Apple Orange Juice Milk	10 Blueberry Muffin * Poptart* Cereal* Orange Apple Juice Milk	11 Chicken Biscuit* Poptart* Cereal* Banana Grape Juice Milk	12 French Toast Sticks* Poptart* Cereal* Fresh Fruit Orange Juice Milk	13 Biscuit N Gravy* Poptart* Cereal* Orange Apple Juice Milk
16 Piggie Stick* Poptart* Cereal* Apple Orange Juice Milk	17 Scrambled Eggs Whole Wheat Toast* Poptart* Cereal* Orange Apple Juice Milk	18 Sausage Biscuit* Poptart* Cereal* Banana Grape Juice Milk	19 Homemade Cinnamon Roll Poptart* Cereal* Fresh Fruit Orange Juice Milk	20 Biscuit N Gravy* Poptart* Cereal* Orange Apple Juice Milk
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School	Did You Know? The first day of Winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.		

Milk Choices:

Skim, 1% LowFat

Skim Chocolate,

Vanilla, or strawberry

Meal Prices:

Breakfast is FREE to ALL

students.

Reduced: \$0.40

Paid:

(K-4): \$2.65

(5-8): \$2.85

(9-12): \$2.95

USDA REGULATION

Students must take 1/2 cup

fruit or Vegetable with

Breakfast and Lunch

*Notes items that are whole

grain or that contain whole

grain.

This institution is an equal

Opportunity provider.