

December 2019

Iotla Valley

Monday	Tuesday	Wednesday	Thursday	Friday
2 Blueberry Pancakes* Poptart* Cereal* Apple Grape Juice Milk	3 Muffin* Poptart* Cereal* Raisins Apple Juice Milk	4 Sausage Biscuit* Poptart* Cereal* Banana Orange Juice* Milk	5 Homemade Cinnamon Roll* Poptart* Cereal* Fresh Fruit Grape Juice Milk	6 Powdered Doughnuts* Poptart* Cereal* Apple Fruit Punch Juice Milk
9 Blueberry Muffin* Poptart* Cereal* Raisins Apple Juice Milk	10 Breakfast Pizza* Poptart* Cereal* Apple Orange Juice Milk	11 Chicken Biscuit* Poptart* Cereal* Banana Grape Juice Milk	12 Strudel* Poptart* Cereal* Fresh Fruit Apple Juice Milk	13 Biscuit N Gravy* Poptart* Cereal* Orange Fruit Punch Juice Milk
16 Blueberry Pancakes* Poptart* Cereal* Apple Grape Juice Milk	17 Muffin* Poptart* Cereal* Raisins Apple Juice Milk	18 Sausage Biscuit* Poptart* Cereal* Banana Orange Juice* Milk	19 Homemade Cinnamon Roll* Poptart* Cereal* Fresh Fruit Grape Juice Milk	20 Powdered Doughnuts* Poptart* Cereal* Apple Fruit Punch 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.