



Arlene's December 2022 K-12 Breakfast Menu

	<i>Carbs are listed for each item in blue font.</i>	<i>Per USDA Rule, 9-12 Student Option every day for additional serving of oatmeal bar (2wg), poptart (1.25wg), or fruit yogurt (1m)</i>	1 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 360 Sugar 59</i>	2 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i>
5 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 450 Sod 255 Sugar 58</i>	6 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i>	7 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	8 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i>	9 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
12 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 280 Sugar 53</i>	13 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk 1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i>	14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	15 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 444 Sod 474 Sugar 37</i>	16 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 255 Sugar 48</i>
19 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i>	20 String Cheese & Grahams (1m,1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 340 Sugar 40</i>	21 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	22 Holiday Break	23 Holiday Break
26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30 Holiday Break

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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