

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

December 2017 9-12 Healthy Hot/Cold Quick Breakfast

Week 3	Monday, November 27, 2017	Tuesday, November 28, 2017	Wednesday, November 29, 2017	Thursday, November 30, 2017	Friday, December 1, 2017
					Pancake on a Stick (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
					or Chef's Choice Daily
Week 4	Monday, December 4, 2017	Tuesday, December 5, 2017	Wednesday, December 6, 2017	Thursday, December 7, 2017	Friday, December 8, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC English Muffin Egg & Cheese Sand (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Assorted Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GNB Banana Breakfast Bread (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Fruit Frudel (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 5	Monday, December 11, 2017	Tuesday, December 12, 2017	Wednesday, December 13, 2017	Thursday, December 14, 2017	Friday, December 15, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Ham & Cheese Croissant (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Assorted Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Whole Grain Cinnamon Roll (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Fruit Frudel (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 6	Monday, December 18, 2017	Tuesday, December 19, 2017	Wednesday, December 20, 2017	Thursday, December 21, 2017	Friday, December 22, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Tasty Toast (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GNB Breakfast Brekkie (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Apple Orchard Grahams (1 comp) Trix "Cleaner Label" Yogurt (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Whole Grain Pull Apart Mini Cinnis (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 1	Monday, December 25, 2017	Tuesday, December 26, 2017	Wednesday, December 27, 2017	Thursday, December 28, 2017	Friday, December 29, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Breakfast Pizza (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Assorted Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Whole Grain Cinnamon Roll (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Fruit Frudel (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily