

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

December 2017 K-8 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
					<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>
Week 4	Monday, December 4, 2017	Tuesday, December 5, 2017	Wednesday, December 6, 2017	Thursday, December 7, 2017	Friday, December 8, 2017
	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Maple Pancake Bites (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Nutrigrain Bar (1 comp) Choice Yogurt (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>GNB Banana Breakfast Bread (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Tasty Toast (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>
Week 5	Monday, December 11, 2017	Tuesday, December 12, 2017	Wednesday, December 13, 2017	Thursday, December 14, 2017	Friday, December 15, 2017
	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Nutrigrain Bar (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>French Toast Sticks (2 comp) Syrup Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>
Week 6	Monday, December 18, 2017	Tuesday, December 19, 2017	Wednesday, December 20, 2017	Thursday, December 21, 2017	Friday, December 22, 2017
	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Tasty Toast (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Mini Cini's (2 comp) ***Can be Heated Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Choice Muffin (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Ham, Egg & Cheese Croissant (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>
Week 1	Monday, December 25, 2017	Tuesday, December 26, 2017	Wednesday, December 27, 2017	Thursday, December 28, 2017	Friday, December 29, 2017
	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Breakfast Pizza (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Whole Grain Pop Tart (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>Breakfast Bun (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)</p> <p>or</p> <p>Chef's Choice Daily</p>	<p>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)</p> <p>or</p> <p>Chef's Choice Daily</p>

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