




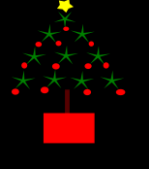







TEAYS VALLEY ELEMENTARY

DECEMBER 2018 BREAKFAST



LIBBY THOMAS S.BLOOM TAMMY ALDENDERFER SCIOTO CATHY ECKEL ASHVILLE VERONICA ANGLES WALNUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	WG POPTART STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	SCRAMBLED EGGS TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST BAR STRING CHEESE 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
				
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
STUDENT LUNCH \$2.70	REDUCED LUNCH.....40		EXTRA MILK.....50	Adult Lunch...\$4.00
BREAKFAST PRICES:	IDENT BREAKFAST.....\$1.50		REDUCED-PRICE BREAKFAST.....\$30	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

NUTRITION NOTES:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL AS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!

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