










TEAYS VALLEY HIGH SCHOOL DECEMBER 2018 BREAKFAST



CARLA BALLARD HIGH SCHOOL

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	SAUSAGE BISCUIT 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
				
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
STUDENT LUNCH...\$3.00	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 KIDNEY BEANS, 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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