



# TEAYS VALLEY MIDDLE SCHOOL

## DECEMBER 2018 BREAKFAST



JILL TEETES EAST MIDDLE SCHOOL JANNETTE FAUSNAUTH WEST MIDDLE SCHOOL

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>26-Nov</b>	<b>27-Nov</b>	<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT HOLES 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
<b>3-Dec</b>	<b>4-Dec</b>	<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT HOLES CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT HOLES CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
<b>10-Dec</b>	<b>11-Dec</b>	<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT HOLES 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
<b>17-Dec</b>	<b>18-Dec</b>	<b>19-Dec</b>	<b>20-Dec</b>	<b>21-Dec</b>
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT HOLES CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	
<b>24-Dec</b>	<b>25-Dec</b>	<b>26-Dec</b>	<b>27-Dec</b>	<b>28-Dec</b>
				
<b>31-Dec</b>	<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>
			CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
<b>STUDENT LUNCH...\$2.90</b>	<b>REDUCED LUNCH....40</b>		<b>EXTRA MILK.....50</b>	<b>Adult Lunch...\$4.00</b>
<b>BREAKFAST PRICES:</b>		<b>ADULT BREAKFAST.....\$1.50</b>		<b>REDUCED-PRICE BREAKFAST.....\$.30</b>

\*\*\*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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