

December 2021

Mid-Atlantic Regional Breakfast Menu



BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Whole Grain French Toast Sticks Assorted Fruit Skim/1% Milk	2 Sausage English Muffin Assorted Fruit Skim/1% Milk	3 Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk
6 Whole Grain Cereal Yogurt Assorted Fruit Skim/1% Milk	7 Blueberry Bread housemade Assorted Fruit Skim/1% Milk	8 Assorted Yogurt Cup Granola (1/4 cup) Assorted Fruit Skim/1% Milk	9 Sausage Biscuit Assorted Fruit Skim/1% Milk	10 Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk
13 Whole Grain Cereal String Cheese Assorted Fruit Skim/1% Milk	14 Pumpkin Bread housemade Assorted Fruit Skim/1% Milk	15 Whole Grain French Toast Sticks Assorted Fruit Skim/1% Milk	16 Sausage English Muffin Assorted Fruit Skim/1% Milk	17 Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk
20 Whole Grain Cereal Yogurt Assorted Fruit Skim/1% Milk	21 Blueberry Bread housemade Assorted Fruit Skim/1% Milk	22 Assorted Yogurt Cup Granola (1/4 cup) Assorted Fruit Skim/1% Milk	23 Sausage Biscuit Assorted Fruit Skim/1% Milk	24 Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk
27	28	29	30	31

This institution is an equal opportunity provider.

NOTE: Menu subject to change