

December 2018

Bartow Middle/Compass Charter

BREAKFAST



School Information:

Last day for Students: Friday 12/21.

Holiday break: December 24th-January 4th

Students back to school: Monday 1/7/19



Nutrition Tip:

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

breakfast pizza sliders
assorted cereal
graham crackers
cheese sticks
fresh fruit
fruit cup

3

Tuesday

mini waffles
assorted cereal
sliced toast w/jelly
hard boiled egg
fresh fruit
fruit juice

4

Wednesday

sausage biscuit w/jelly
assorted cereal
graham crackers
cheese stick
fresh fruit
fruit cup

5

Thursday

egg & cheese omelet
mini muffin
assorted cereal
sliced toast w/jelly
yogurt cup
fresh fruit
fruit juice

6

Friday

Breakfast tornado
Assorted cereal
Graham crackers
PNB cup
Fresh fruit
Fruit cup

7

Mini pancakes
Assorted cereal
Graham crackers
Cheese stick
Fresh fruit
Fruit cup

10

Breakfast burrito
Assorted cereal
Sliced toast w/jelly
Hard boiled egg
Fresh fruit
Fruit juice

11

Egg & cheese melt
Assorted cereal
Graham cracker
Cheese stick
Fresh fruit
Fruit cup

12

Cinnamon twist bar
Assorted cereal
Sliced toast w/jelly
Yogurt cup
Fresh fruit
Fruit juice

13

Breakfast pizza sliders
Assorted cereal
Graham crackers
PNB cup
Fresh fruit
Fruit cup

14

Pancake mini wraps
Assorted cereal
Graham crackers
Cheese sticks
Fresh fruit
Fruit cup

17

Chorizo burritos
Assorted cereal
Sliced toast w/jelly
Hard boiled egg
Fresh fruit
Fruit juice

18

Chicken biscuit
Assorted cereal
Graham crackers
Cheese sticks
Fresh fruit
Fruit cup

19

Maple french toast sticks
Assorted cereal
Sliced toast w/jelly
Yogurt cup
Fresh fruit
Fruit juice

20

Egg & cheese taco roll
Assorted cereal
Graham crackers
PNB cup
Fresh fruit
Fruit cup

21



24



25



26



27



28



31

