

# MERRY CHRISTMAS



## HARDIN COUNTY SCHOOLS – ELEMENTARY BREAKFAST MENU December 2022

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – Nov. 28	Tuesday – Nov. 29	Wednesday – Nov. 30	Thursday – 1	Friday – 2
Breakfast Bun  Cereal	Breakfast Sausage Pizza Cereal	Pop-Tart  Cereal	Egg and Cheese Biscuit Cereal	Cinnamon Roll or Swirl Cereal
Monday – 5	Tuesday - 6	Wednesday - 7	Thursday - 8	Friday - 9
Cinnamon Glazed French Toast Sticks Cereal	Sausage Biscuit Cereal	Chocolate Chip Muffin Popcorn Chicken Cereal	Pancake Dippers  Cereal	Funnel Cake Waffle  Cereal
Monday - 12	Tuesday - 13	Wednesday - 14	Thursday - 15	Friday - 16
Biscuit Gravy Cereal	Bacon, Egg, and Cheese on a Croissant Cereal	Cinnamon Toast Crunch Soft Filled Bar Cereal	Blueberry Bash Mini Waffles Cereal	Manager's Choice  Cereal

### Winter Break December 19, 2022 – January 2, 2023

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

#### Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 7 oz. eq. per week)
- 1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met
- 1 cup Fruit daily (5 cups weekly)
- 1 cup Milk daily (5 cups per week)

#### Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.

