



Elementary School  
Breakfast Menu

# DECEMBER 2020

| Monday                    | Tuesday                       | Wednesday      | Thursday                     | Friday                 | <br><br><b>Cabbage</b><br>-Cabbage is one of the world's oldest vegetables; it was domesticated by Celts in Europe from a wild field cabbage by 1,000 B.C.<br><br>-Cabbage is available year-round in most regions.<br><br>-Cabbage is also a good source of Vitamin B2-- this helps the body break down carbohydrates.<br><br>-Cabbage comes in four main types: Green, red, Savoy and napa. |
|---------------------------|-------------------------------|----------------|------------------------------|------------------------|---|
| 30-Nov<br>Cereal Bar      | 1<br>Banana Bread             | 2<br>Pop Tart  | 3<br>Mini Donuts             | 4<br>Muffin            |   |
| 7<br>Cereal Bar           | 8<br>Yogurt<br>Graham Crakers | 9<br>Pop Tart  | 10<br>Honey Bun              | 11<br>Manager's Choice |   |
| 14<br>Cereal Bar          | 15<br>Donut Clusters          | 16<br>Pop Tart | 17<br>Honey Bun              | 18<br>Manager's Choice |   |
| 21<br><i>Winter Break</i> | 22                            | 23             | 24<br><i>Merry Christmas</i> | 25                     |   |

*Fresh and/ or canned Fruit and Vegetables are available every day.*

*A variety choice of white or chocolate milk is offered.*

The USDA and the CDE are Equal opportunity providers and employers.

Menu is subject to change.