



# Arlene's December 2022 K-12 Breakfast Menu

	<i>Carbs are listed for each item in blue font.</i>		1 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 485 Sod 360 Sugar 59</i>	2 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 430 Sod 195 Sugar 31</i>
5 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 450 Sod 255 Sugar 58</i>	6 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 445 Sod 330 Sugar 47</i>	7 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	8 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 485 Sod 280 Sugar 56</i>	9 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 475 Sod 430 Sugar 49</i>
12 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 495 Sod 280 Sugar 53</i>	13 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk 1c) 24/13  <i>Cal 485 Sod 280 Sugar 56</i>	14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	15 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 444 Sod 474 Sugar 37</i>	16 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 405 Sod 255 Sugar 48</i>
19 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 495 Sod 255 Sugar 66</i>	20 String Cheese & Grahams (1m,1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 405 Sod 340 Sugar 40</i>	21 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	<i>Per USDA Rule, 9-12 Student Option every day for additional serving of oatmeal bar (2wg), poptart (1.25wg), or fruit yogurt (1m)</i>	

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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