

**December 2018
Prairie Wind Middle School
Breakfast Menu**



All meals include choice of
Chocolate Skim, 1% or Skim Milk

3 Granola Bar or Cold Cereal Cheese Stick Fruit Juice Milk	4 French Toast Sticks/Syrup Fruit Juice Milk	5 Cinnamon Roll Fruit Juice Milk	6 Breakfast Pizza Fruit Juice Milk	7 Yogurt Parfait Fruit Juice Milk
10 Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	11 Breakfast Pizza Fruit Juice Milk	12 Mini Pancakes Syrup Fruit Juice Milk	13 Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk	14 Mini Donuts Cheese Stick Fruit Juice Milk
17 Muffin or Cold Cereal Yogurt Fruit Juice Milk	18 French Toast Sticks/Syrup Sausage Link Fruit Juice Milk	19 Breakfast Sandwich Fruit Juice Milk	20 Cinnamon Roll Fruit Juice Milk	21 Cinni-Minis Fruit Juice Milk
24 NO SCHOOL WINTER BREAK	25 NO SCHOOL WINTER BREAK	26 NO SCHOOL WINTER BREAK	27 NO SCHOOL WINTER BREAK	28 NO SCHOOL WINTER BREAK
31 NO SCHOOL WINTER BREAK				

OFFER

Cold Cereal will be
offered daily

FYI

**MENUS
SUBJECT TO
CHANGE**

Nutrition Fact

Start your day
right with a
healthy
breakfast