

December 2017

Parkers Prairie Public Schools

BREAKFAST



Breakfast Milk Options: 1% or Skim
Lactose reduced milk provided on written request



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

Tuesday

Wednesday

Thursday

Friday



Mini Bagel
Cheese Stick
Peach Sauce
Apple

4

Ham Patty
Waffle
Apple Sauce
Grape Juice

5

Cereal
Toast
Raisins
Pineapple Tidbits
Orange Juice

6

Sausage Links
Whole Wheat Pancake
Pear Sauce
Apple Juice

7

Trix Cereal Bar
Cheese Stick
Yogurt
Pineapple Tidbits

1

Breakfast Round
Cheese Stick
Mixed Fruit
Orange Wedges

8

Graham Cracker
Cheese Stick, Yogurt
Pineapple Sauce
Apple Juice

11

Breakfast Pizza
Peach Sauce
Grape Juice

12

Cowboy Bread
Cheese Stick
Apple Sauce
Orange Juice

13

Ham & Cheese on
Biscuit
Mixed Fruit
Apple Juice

14

Whole Grain Cinnamon
Roll
Cheese Stick
Pear Sauce
Apple

15

Pancake & Sausage
on Stick
Peach Sauce
Grape Juice

18

Banana Muffin
Cheese Stick
Apple Sauce
Orange Juice

19

Ham Patty
French Toast
Pineapple Sauce
Apple Juice

20

Donut
Cheese Stick
Mixed Fruit
Apple

21

No School

22

No School

25

No School

26

No School

27

No School

28

No School

29

Jan 1st

No School

Jan 2nd

Mini Cinni Roll, Cheese Stick,
Pear Sauce, Apple Juice

Jan 3rd

Breakfast Burrito, Mandarin
Oranges, Grape Juice

Jan 4th Ham Patty, Scrambled
Eggs, English Muffin, Mixed
Fruit, Orange Juice

Jan 5th

Apple Frudel, Cheese Stick,
Peach Sauce, Apple

December 2017

BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday

