



Arlene's December 2022 K-12 Breakfast Menu

	<i>Carbs are listed for each item in blue font.</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>	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 Holiday Break	20 Holiday Break	21 Holiday Break	22 Holiday Break	23 Holiday Break
26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30 Holiday Break

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

"this institution is an equal opportunity provider"

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.