



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/05/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Cheerios Cereal (V/VG)* Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>12/06/2022</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk</p>	<p>12/07/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/08/2022</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>12/09/2022</p> <p>Pumpkin- Carrot WW Breakfast Bar Bananas Choice of Milk</p>
<p>12/12/2022</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p>12/13/2022</p> <p>Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk</p>	<p>12/14/2022</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk</p>	<p>12/15/2022</p> <p>Pillsbury WW French Toast Triple Berry (VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>12/16/2022</p> <p>Homemade WW Gingerbread Muffin (V) Fresh Tangerines Choice of Milk</p>
<p>12/19/2022</p> <p>WG Waffles w/ Cinn. Apple-Pears Syrup (V) Orange Juice Choice of Milk</p>	<p>12/20/2022</p> <p>Chai Cheesecake Whole Wheat Muffin (V) Fresh Tangerines Choice of Milk</p>	<p>12/21/2022</p> <p>Cereal Cheerios Multigrain (V/VG) Cheerios Cereal (V/VG)* Go Gurts Fresh Pears Choice of Milk</p>	<p>12/22/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/23/2022</p> <p>NO SCHOOL TODAY</p>
<p>12/26/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/27/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/28/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/29/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/30/2022</p> <p>NO SCHOOL TODAY</p>

* Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or vegetables. PreK will always have sliced or finely chopped fruits.

** Denotes meal only for K to 8th (not PreK)

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (MD/PA/VA).

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat