



Breakfast Menu for Rams Kitchen



DECEMBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				 RISE AND SHINE WITH A HEALTHY BREAKFAST					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Choice Of Cereal or Cinnamon Roll w/ cream cheese Bagel	4	Choice Of Cereal or Biscuit w/ gravy or Jelly Cereal Bar	5	Choice Of Cereal or Hot Egg and Ham Sandwich Granola Bar	6	Choice Of Cereal or Bagel w/ Cream Cheese Fruit Parfait	7	Choice of Cereal Asst. Muffins and Yogurt Granola
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10	Choice Of Cereal or Cinnamon Roll Poptart	11	Choice Of Cereal or Hot Brkfst Sandwich Granola Bar	12	Choice Of Cereal or French Toast Sticks Fruit Parfait	13	Choice Of Cereal or Brkfst Pizza Bar Cereal	14	Choice Of Cereal Or Biscuit w/ Gravy or Jelly Yogurt & Granola
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	choice of Cereal or Cinnamon Roll w/ Cream Cheese Bagel	18	choice of cereal or Brkfst Burrito Muffin	19	choice of cereal or Biscuit w/ Gravy or Jelly Poptart	20	choice of cereal or Pancake / Sausage on a Stick Yogurt & Granola	21	choice of cereal or Hot Brkfst Sandwich Cereal Bar
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SEE		YOU		NEXT		YEAR!		*EACH MEAL COMES WITH THE CHOICE OF 1% PLAIN, FF CHOCOLATE OR FF PLAIN MILK	

All Bread and Tortillas are whole grain

*Menu subject to change

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