



DECEMBER Cold Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

m

3	4	5	6	7
<ul style="list-style-type: none"> • *NEW* Blueberry Crisp Granola Cereal (DF) 	<ul style="list-style-type: none"> • Dipperdoodle Bar (DF) 	<ul style="list-style-type: none"> • Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> • Plain Bagel w/Cream Cheese 	<ul style="list-style-type: none"> • Yogurt/ Honey Grahams
10	11	12	13	14
<ul style="list-style-type: none"> • *NEW* Apple Crisp Granola Cereal (DF) 	<ul style="list-style-type: none"> • Mini French Toast Muffin/ String Cheese 	<ul style="list-style-type: none"> • Blueberry Bagel w/Cream Cheese 	<ul style="list-style-type: none"> • Blueberry Muffin 	<ul style="list-style-type: none"> • Cheerios/ Mini Dipperdoodle Bar (DF)
17	18	19	20	21
<ul style="list-style-type: none"> • String Cheese/ Cinnamon Grahams 	<ul style="list-style-type: none"> • Mini Bagels w/Grape Jam & Hard Boiled Egg 	<ul style="list-style-type: none"> • Autumn Spice Muffin 	<ul style="list-style-type: none"> • Dipperdoodle Bar (DF) 	<ul style="list-style-type: none"> • Cinnamon Vanilla Crunch Granola (DF)
24	25	26	27	28
NEW YEAR'S EVE! 31				

DID YOU KNOW?

Studies show students who eat breakfast have improved cognitive function, attention, and memory, which lead to better math and reading scores, attendance and punctuality.

Breakfast: option of 0% and 1% milk and fresh fruit served daily. All BK items are VG and all Grains are Whole Wheat.

We'd love to hear from you! Email SFUSD Student Nutrition Services at schoollunch@sfusd.edu with any questions, comments or concerns about the meal program.