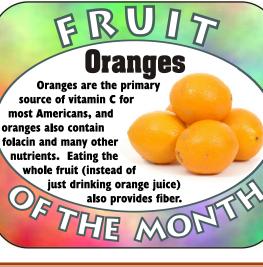




Sara Lindemuth/Anna Carter Primary School



**BREAKFAST MENU DECEMBER 2017** This institution is an equal opportunity provider. Menu is subject to change.





fruit like papaya and sliced tomatoes.

"Tapsilog" is a common breakfast for Filipinos. The meal – and the word – are a combination of "tapa" (dried and cured meat), "sinangag" (garlic-fried rice), and "itlog" (egg). Sides can include tropical

## PHILIPPINES



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Cereal Bar & **Trix Yogurt Cup Applesauce** 100% Fruit Juice

Friday, December 1

Assorted Milk

First <sub>things</sub> First	Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
	Chocolate Chip	Mini Bagels w/Cinnamon	<i>New!</i>	Mini Maple	Cereal
	Muffin	Cream Cheese	Cinnamon Roll	Pancakes	Bowl
Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakiast! EREAKEAST© SCHOOL For first-class learning!	Chilled Peaches 100% Fruit Juice Assorted Milk	Orange Smiles 100% Fruit Juice Assorted Milk	Applesauce 100% Fruit Juice Assorted Milk	Banana 100% Fruit Juice Assorted Milk	Mixed Fruit 100% Fruit Juice Assorted Milk

<b>DECAY TOOGETHER</b> Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family-YOURS!   And Thanksgiving weekend is the perfect to the to start!   Exercise PLAN PLANER. LIVE HEALTHIER. LEARN EASIER   DESTINATION PLANERS IS A WAY OF LIFES	Apple Cinnamon Muffin Mixed Fruit 100% Fruit Juice Assorted Milk	Tuesday, December 12 Warm Biscuit w/Butter & Jelly Sliced Pears 100% Fruit Juice Assorted Milk	Wed., December 13 New! Chocolate Filled Crescent Roll Banana 100% Fruit Juice Assorted Milk	Thursday, December 14 Pop Tart Chilled Peaches 100% Fruit Juice Assorted Milk	Friday, December 15 Cereal Bar & Trix Yogurt Cup Applesauce 100% Fruit Juice Assorted Milk
First things First To make a breakfast, doose at least one	Monday, December 18 Banana Loaf Mixed Fruit 100% Fruit Juice Assorted Milk	Tuesday, December 19 Mini Blueberry Waffles Applesauce 100% Fruit Juice Assorted Milk	Wed., December 20 New! Birthday Cake Mini Muffins Banana 100% Fruit Juice Assorted Milk	Thursday, December 21 Chef's Choice	Friday, December 22 Cereal Bowl Chef's Choice Fruit 100% Fruit Juice Assorted Milk
Image: state s	HAPPY	HOLLY'	PAYS.	Last day of Friday, Deco Classes R Tuesday, J	f school: ember 22