



BREAKFAST @SCHOOL

For first-class learning!

Sara Lindemuth/Anna Carter Primary School

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU FOR DECEMBER 2017

This institution is an equal opportunity provider. Menu is subject to change.

FRUIT Oranges

Oranges are the primary source of vitamin C for most Americans, and oranges also contain folacin and many other nutrients. Eating the whole fruit (instead of just drinking orange juice) also provides fiber.

OF THE MONTH

BREAKFAST AROUND THE GLOBE

"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 fruit like papaya and sliced tomatoes.

PHILIPPINES



Halil marx07 at English Wikipedia/CC BY 3.0

Friday, December 1

- Cereal Bar & Trix Yogurt Cup
- Applesauce
- 100% Fruit Juice
- Assorted Milk

First things First

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

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Monday, December 4

- Chocolate Chip Muffin
- Chilled Peaches
- 100% Fruit Juice
- Assorted Milk

Tuesday, December 5

- Mini Bagels w/Cinnamon Cream Cheese
- Orange Smiles
- 100% Fruit Juice
- Assorted Milk

Wednesday, December 6

- New!** Cinnamon Roll
- Applesauce
- 100% Fruit Juice
- Assorted Milk

Thursday, December 7

- Mini Maple Pancakes
- Banana
- 100% Fruit Juice
- Assorted Milk

Friday, December 8

- Cereal Bowl
- Mixed Fruit
- 100% Fruit Juice
- Assorted Milk

PLAY TOGETHER.

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 time to start!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, December 11	Tuesday, December 12	Wed., December 13	Thursday, December 14	Friday, December 15
Apple Cinnamon Muffin	Warm Biscuit w/Butter & Jelly	New! Chocolate Filled Crescent Roll	Pop Tart	Cereal Bar & Trix Yogurt Cup
Mixed Fruit	Sliced Pears	Banana	Chilled Peaches	Applesauce
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

First things First

To make a breakfast, choose at least one

Fruit

or

Juice

Fruit

Grains

Juice

Milk

and at least three items total

SUSQUEHANNA TWP SCHOOL DISTRICT FOOD SERVICE

Monday, December 18	Tuesday, December 19	Wed., December 20	Thursday, December 21	Friday, December 22
Banana Loaf	Mini Blueberry Waffles	New! Birthday Cake Mini Muffins	Chef's Choice	Cereal Bowl
Mixed Fruit	Applesauce	Banana		Chef's Choice Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice		100% Fruit Juice
Assorted Milk	Assorted Milk	Assorted Milk		Assorted Milk



Happy New Year!

See You Next Year!

Last day of school:
Friday, December 22

Classes Resume
Tuesday, January 2