



December 2018

Ewing School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Cinnamon Bun Apple Slices Mixed Fruit Milk	4 Sausage Patty Whole Grain Biscuit Tropical Fruit 100% Fruit Juice Milk	5 Whole Grain Chocolate Chip Oatmeal Bar 100% Fruit Juice Medium Banana Milk	6 Whole Grain Blueberry Waffles SF Syrup Applesauce Craisins Milk	7 W.G. Cereal Bar String Cheese Mandarin Oranges 100% Fruit Juice Milk
10 W.G. Apple Cherry Oatmeal Bar Pineapple Tidbits 100% Fruit Juice Milk	11 Egg Patty Whole Wheat Toast Peaches Apple Slices Milk	12 Whole Grain Cereal String Cheese Medium Banana 100% Fruit Juice Milk	13 Whole Grain Pop Tart Yogurt Mixed Fruit 100% Fruit Juice Milk	14 Whole Grain Mini Pancakes SF Syrup Applesauce Mandarin Oranges Milk
17 Whole Grain Ring Donut Mixed Fruit 100% Fruit Juice Milk	18 Whole Grain French Toast SF Syrup Warm Cinnamon Apples Raisins Milk	19 Cheddar Omelet Whole Wheat Toast Medium Banana 100% Fruit Juice Milk	20 Whole Wheat Banana Bread Mixed Berries Mandarin Oranges Milk	21 Whole Grain Muffin String Cheese 100% Fruit Juice Peaches Milk
24 WINTER BREAK NO SCHOOL	25 	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL	28 WINTER BREAK NO SCHOOL
31 WINTER BREAK NO SCHOOL				

Why Care About Breakfast?

Life is busy, and busy often ups its game during the holidays. Between parties, family projects, decorations, and shopping, something has to give. Breakfast should not be it. Why? Here are some top reasons to care about breakfast...

- Breakfast offers key nutrients that will give you energy. Plus, with the right foods, you won't get hungry on your way to holiday activities and errands.
- Furthermore, when you make healthful choices at breakfast, you start the day on the right foot. It's easier to stick to good habits that way.



Whole grain pop tart and whole grain cereal available daily for whole grain breakfast substitution.

**Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.