



# December 2018

## Phelps/OTC/Discovery BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
(2)	3 Sausage, Egg & Cheese Bagel* Assorted Cereal Assorted Fruits	4 Chz & Chix Sausage Quesadilla* Assorted Cereal Assorted Fruits	5 Dutch Waffle Assorted Cereal Assorted Fruits	6 Egg & Chz English Muffin Assorted Cereal Assorted Fruits	7 Chocolate Crescent Assorted Cereal Assorted Fruits	<b>What is a Reimbursable Breakfast?</b> 1. Whole Grain 2. Fruit 3. Milk-1%, Skim 4. Additional Item: Grain or Meat/Meat Alt.  <b>Must choose 3 items with one being ½ cup fruit</b>  <b>Offered Daily:</b> *Assorted Cereals *Assorted Juice *Assorted Milk 1% White, 1% Chocolate Skim: Vanilla, Strawberry  *May contain pork **Chicken Ham  Breakfast: \$1.30 Reduced: \$0.30 BIC Sites: Free
(3)	10 Apple Frudel Pick 2 Breakfast Assorted Cereal Assorted Fruits	11 National Bagel Day! Cinnamon Creamy Cheese Bagel Assorted Cereal Assorted Fruits	12 Sausage & Chz Biscuit* Assorted Cereal Assorted Fruits	13 Cheesy Cham** & Egg Pancake Panini Assorted Cereal Assorted Fruits	14 Sausage Breakfast Pizza* Assorted Cereal Assorted Fruits	
(4)	17 Cheesy Egg Breakfast Burger Assorted Cereal Assorted Fruits	18 Chz & Chix Sausage Quesadilla* Assorted Cereal Assorted Fruits	19 Apple Bosco Sticks Assorted Cereal Assorted Fruits	20 Egg & Chz English Muffin Assorted Cereal Assorted Fruits	21 <b>Winter Break</b>	
(5)	24 <b>Winter Break</b>	25 <b>Winter Break</b>	26 <b>Winter Break</b>	27 <b>Winter Break</b>	28 <b>Winter Break</b>	
(1)	31 <b>Winter Break</b>	<b>Job Opportunity</b> <b>Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</b>				

Vision: "Deliver experiences that enrich and nourish lives."



Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

Menus are subject to change without notice.

