

BPS EATS

DECEMBER BREAKFAST MENU

Additional Daily Breakfast Options

***Pick Up to 2 Items** - Cinnamon Chex, Rice Chex, Cheerios, Multigrain Cheerios, Mozzarella Cheese Stick, Cinnamon Grahams, Hard Boiled Egg, Non-Fat Vanilla Yogurt, Jeff's Cinnamon Raisin Granola

***One item listed above can be paired with a smoothie or muffin, when these options are on the menu**

Milk Choices:

Nonfat & 1% Unflavored Milk

Menu Details:

- All grain products are whole grain-rich (WG)
- Meats are lean and cheeses are low-fat
- A variety of fruits offered daily with all entrees
- Menus are peanut aware
- “V” indicates vegetarian meal option
- “H” indicates halal version available
- Kosher meals are available upon request by families
- Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager



Did You Know?

Breakfast and Lunch are **FREE** for all students

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

Breakfast Menu 1

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Quesadilla with Veggies ^V	3 Egg, Sausage & Cheese Sandwich ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	4 Homemade Banana Oat Muffin ^V and choice of one additional item OR LOCAL Green Monster Smoothie ^V and choice of one additional item	5 Strawberry Overnight Oats ^V OR Cocoa Strawberry Smoothie ^V and choice of one additional item	6 French Toast Muffin ^V and choice of one additional item OR LOCAL Berry Blast Smoothie and choice of one additional item
9 Veggie Egg Bite with English Muffin	10 Sausage & Cheese English Muffin ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	11 Homemade LOCAL Blueberry Muffin ^V and choice of one additional item OR Pineapple Banana Smoothie ^V and choice of one additional item	12 LOCAL One Mighty Mill Whole Grain Bagel ^V with Cream Cheese ^V OR LOCAL Berry Blast Smoothie ^V with choice of one additional item	13 Cinnamon Brown Sugar Oatmeal ^V OR LOCAL Green Monster Smoothie ^V and choice of one additional item
16 Egg Quesadilla with Veggies ^V	17 Egg, Sausage & Cheese Sandwich ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	18 Homemade Banana Oat Muffin ^V and choice of one additional item OR LOCAL Green Monster Smoothie ^V and choice of one additional item	19 Strawberry Overnight Oats ^V OR Cocoa Strawberry Smoothie ^V and choice of one additional item	20 French Toast Muffin ^V and choice of one additional item OR LOCAL Berry Blast Smoothie and choice of one additional item



WINTER RECESS

Scan the QR code to access nutrition information, allergen information, and specific fruit offerings

BPS EATS

DECEMBER PRESCHOOL BREAKFAST MENU

Menu Details:

- 1% unflavored milk served with each meal
- Local apples featured regularly
 - All grain products are whole grain-rich (WG)
- Meats are lean and cheeses are low-fat
 - Menus are peanut aware
- “V” indicates vegetarian meal option
- “H” indicates halal version available
- Kosher meals are available upon request by families



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Preschool Breakfast Menu 1

WINTER RECESS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Quesadilla with Veggies ^V ~ Orange	3 Egg, Sausage & Cheese Sandwich ^H ~ Clementines	4 Homemade Banana Oat Muffin ^V ~ Apple	5 Strawberry Overnight Oats ^V ~ Pear	6 French Toast Muffin ^V ~ Banana
9 Veggie Egg Bite with English Muffin ^V ~ Orange	10 Sausage & Cheese English Muffin ^H ~ Clementines	11 Homemade LOCAL Blueberry Muffin ^V ~ Apple	12 LOCAL One Mighty Mill Whole Grain Bagel ^V with Cream Cheese ^V ~ Pear	13 Cinnamon Brown Sugar Oatmeal ^V ~ Banana
16 Egg Quesadilla with Veggies ^V ~ Orange	17 Egg, Sausage & Cheese Sandwich ^H ~ Clementines	18 Homemade Banana Oat Muffin ^V ~ Apple	19 Strawberry Overnight Oats ^V ~ Pear	20 French Toast Muffin ^V ~ Banana