



# S.S. Palmer Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/26/18	11/27/18	11/28/18	11/29/18	11/30/18
<b>Thanksgiving Holiday</b>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Muffin or Cereal Bar <small>with choice of additional Grain</small>	Apple Cinnamon Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Poptart or Cereal Bar <small>with choice of additional Grain</small>
	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/3/18	12/4/18	12/5/18	12/6/18	12/7/18
Banana Bread or Cereal Bar <small>with choice of additional Grain</small>	French Toast Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Apple Cinnamon Muffins or Cereal Bar <small>with choice of additional Grain</small>	Choc Froasted Poptart or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/10/18	12/11/18	12/12/18	12/13/18	12/14/18
Chocolate Muffins or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Bread or Cereal Bar <small>with choice of additional Grain</small>	Chocolate Chip Oatmeal Bar or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/17/18	12/18/18	12/19/18	12/20/18	12/21/18
Banana Muffins or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Choc Froasted Poptart or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/24/18	12/25/18	12/26/18	12/27/18	12/28/18
<b>Winter Holiday</b>	<b>Winter Holiday</b>	<b>Winter Holiday</b>	<b>Winter Holiday</b>	<b>Winter Holiday</b>
12/31/18	1/1/19	1/2/19	1/3/19	1/4/19
<b>Winter Holiday</b>	<b>Winter Holiday</b>	Chocolate Chip Oatmeal Bar or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Poptart or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>
		Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

**Whole Grain Cereal Bar Selection May Include:**  
Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Fruity Cheerios  
Cheerios  
Fruit Loops  
Served with additional Grain



Student Paid Breakfast \$1.15 JR/H.S \$ 1.25 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.10