



**Join Us For
Breakfast**

BREAKFAST K-12

2022

| | | | | | | |
|--|---|--|--|---|---|--|
| <p>Week 1</p> <p>Grain/Meat/Meat Alt. Choose 1</p> <p>Option 1: Option 2:</p> | <p style="text-align: center;"><i>Holiday Break</i></p> <p style="text-align: center;"><i>December 19, 2022</i></p> <p style="text-align: center;"><i>thru</i></p> <p style="text-align: center;"><i>December 30, 2022.</i></p> | | | | <p>Thursday December 1, 2022</p> | <p>Friday December 2, 2022</p> |
| <p>Fruit/Vegetable: Choose 1 or 2</p> | | | | | <p>Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg</p> | <p>Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg</p> |
| <p>Milk Choose 1</p> | | | | | <p>-Fresh Watermelon -100% Fruit Juice</p> | <p>-Fresh Orange -100% Fruit Juice</p> |
| <p>Week 2</p> <p>Grain/Meat/Meat Alt. Choose 1</p> <p>Option 1: Option 2:</p> | <p>Monday December 5, 2022</p> | <p>Tuesday December 6, 2022</p> | <p>Wednesday December 7, 2022</p> | <p>Thursday December 8, 2022</p> | <p>Friday December 9, 2022</p> | |
| <p>Fruit/Vegetable: Choose 1 or 2</p> | <p>Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg</p> | <p>Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg</p> | <p>Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg</p> | <p>Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg</p> | <p>Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg</p> | |
| <p>Milk Choose 1</p> | <p>-Fresh Fruit in Season -100% Fruit Juice</p> | <p>Fresh Granny Smith Apple -100% Fruit Juice</p> | <p>-Fresh Strawberries -100% Fruit Juice</p> | <p>-Fresh Watermelon -100% Fruit Juice</p> | <p>-Fresh Orange -100% Fruit Juice</p> | |
| <p>Milk Choose 1</p> | <p>-LF White -FF Chocolate -FF Skim</p> | <p>-LF White -FF Chocolate -FF Skim</p> | <p>-LF White -FF Chocolate -FF Skim</p> | <p>-LF White -FF Chocolate -FF Skim</p> | <p>-LF White -FF Chocolate -FF Skim</p> | |

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| Week 3 | Monday December 12, 2022 | Tuesday December 13, 2022 | Wednesday December 14, 2022 | Thursday December 15, 2022 | Friday December 16, 2022 |
|---|---|--|---|--|--|
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |

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|--|------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|------------------------------------|
| | Monday December 19, 2022 | Tuesday December 20, 2022 | Wednesday December 21, 2022 | Thursday December 22, 2022 | Friday December 23, 2022 |
| | Monday December 26, 2022 | Tuesday December 27, 2022 | Wednesday December 28, 2022 | Thursday December 29, 2022 | Friday December 30, 2022 |
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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

program.intake@usda.gov

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