



DECEMBER | 2019

Queen of Apostles School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Juice WG Pop Tart Milk	3 Pear WG Breakfast Bar Milk	4 Banana WG Cinnamon Buns Milk	5 Apple WG Cereal WG Granola Bar Milk	6 Orange Juice French Toast Sticks Syrup Milk
9 Orange Juice WG Cereal WG Granola Bar Milk	10 Pear WG Donuts Milk	11 Banana WG Frudel Milk	12 Apple WG Breakfast Bread Milk	13 Orange Juice WG Egg Sandwich Milk
16 Orange Juice WG Pop Tart Milk	17 Pear WG Breakfast Bar Milk	18 Banana WG Cinnamon Buns Milk	19 Apple WG Cereal WG Granola Bar Milk	20 Orange Juice WG Pancakes Syrup Milk
23 No School	24 No School	25 Merry Christmas	26 No School	27 No School
30 No School	31 No School	1	2	3

Breakfast Times

7:30am-8:00am

Fruit

Grades K-8 1 cup daily
And 5 Cups Weekly
Grades 9-12 1cup daily
And 5 cups Weekly

Grains

Grades K-5 7-10oz Weekly
Minimum 1oz Daily
Grades 6-8 8-10oz Weekly
Minimum 1oz Daily
Grades 9-12 9-10oz Weekly
Minimum 1oz Daily

Milk

1cup 1% or Fat