

All grain offerings are whole grain. Milk choices are fat free flavored chocolate, cookies & cream and strawberry, 1% and skim milk as well as lactaid and soy if needed with a primary Doctor’s note. Happy Holidays ☺

Soy if needed with a primary Doctor’s note. Enjoy the Holiday and have a restful time off! See you next year☺

**Winter recess**

**No school**

**Winter recess**

**No school**

Winter recess

No school

Assorted cereals

Mozzarella string cheese

Assorted fruits

100% fruit juice

Choice of milks

Turkey bacon, egg & cheese

Breakfast boat

Assorted cereals

Goldfish crackers

Fresh fruits

100% fruit juice

Choice of milks

Maple burst pancakes

Assorted cereal choice

Assorted grains option

Cinnamon applesauce

100% fruit juice

Choice of milks

Breakfast: $1.35 w/ milk

Milk only: $0.50

Cereal Kit:

Cereal choice

Additional grain

100% fruit juice

Pick one or more fruit or veggie

Choice of milks

Warm bagel w/ cream cheese

Assorted fruits

Cheez-it crackers

Fresh apple

100% fruit juice

Choice of milks

Scrambled eggs

Warm fruit muffin

Assorted cereals

All sports graham crackers

Fresh fruit choice

100% fruit juice

Choice of milks

Maple burst pancakes

Assorted cereals

Hard-boiled eggs

Fresh fruit choice

100% fruit juice

Choice of milks

Warm apple filled breadstick

Assorted cereals

Goldfish crackers

Orange smiles

100% fruit juice

Choice of milks

**Winter recess**

**No school**

**Winter recess**

**No school**

Winter recess

No school

Winter recess

No school

Scrambled eggs

Whole grain bagel

Assorted cereals

Orange smiles

100% fruit juice

Choice of milks

Cereal Kit:

Cereal choice

Additional grain

100% fruit juice

Pick one or more fruit or veggie

Choice of milks

Assorted yogurts w/ granola

Choice of cereals

Chocolate bear grahams

Assorted fruit choice

100% fruit juice

Choice of milks

Egg and cheese bagel

Assorted cereals

Teddy bear grahams

Orange smiles

100% fruit juice

Choice of milks

Warm cinnamon roll

Assorted cereals

Chocolate bear grahams

Pineapple tidbits

100% fruit juice

Choice of milks

Warm fruit muffins

Mozzarella string cheese

Assorted cereals

Fresh fruits

100% fruit juice

Choice of milks

**DECEMBER 2019**

ASHFORD SCHOOL

Cereal Kit:

Cereal choice

Additional grain

100% fruit juice

Pick one or more fruit or veggie

Choice of milks