



RUSSELL BYERS CHARTER SCHOOL DECEMBER BREAKFAST MENU

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2				12/1/2022	12/2/2022
				(2) WAFFLES ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
WEEK #1	12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
	½ cup CHEERIOS CEREAL 1 each FRESH BANANA 4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP 1 oz Side of GRANOLA (Nut Free) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES CEREAL 1 SL WHOLE WHEAT BREAD 1 each FRESH ORANGE WEDGES 8 oz 1% MILK	(2) PANCAKES ½ cup BERRY APPLESAUCE CUP 4 oz ORANGE JUICE SF SYRUP 8 oz 1% MILK
WEEK #4	12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
	½ cup RICE CHEX CEREAL 1 each FRESH APPLE 8 oz 1% MILK	(2) PIECES OF FRENCH TOAST ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	½ cup RICE KRISPIES CEREAL 1 each FRESH BANANA 4 oz ORANGE JUICE 8 oz 1% MILK	(2) WAFFLES ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
WEEK #1	12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
	½ cup CHEERIOS CEREAL 1 each FRESH BANANA 4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP 1 oz Side of GRANOLA (Nut Free) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES CEREAL 1 SL WHOLE WHEAT BREAD 1 each FRESH ORANGE WEDGES 8 oz 1% MILK	(2) PANCAKES ½ cup BERRY APPLESAUCE CUP 4 oz ORANGE JUICE SF SYRUP 8 oz 1% MILK
WEEK #2	12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
	HOLIDAY BREAK				
<i>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</i>					
ALL FRUIT CUPS ARE PACKED IN 100% NATURAL JUICE					