




# Parker Junior High

## December 2018 Breakfast Express Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>December 3</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 4</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 5</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 6</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 7</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket
	<b>December 10</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 11</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 12</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 13</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 14</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket
	<b>December 17</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 18</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 19</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 20</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>December 21</b> <b>No School</b>



**1% & Skim White Milk & Fat-Free Chocolate Milk Plus  
Fresh Fruit Basket Available Every Day**

\*=Whole-grain item  
 Non-cereal selection may be offered instead of cold cereal  
 Milk served with breakfast contains no artificial growth hormones or antibiotics  
 Menu is subject to change based on availability and quality of food items

### Breakfast Buzz

Did you know that eating school breakfast as a kid helps you to establish healthy habits for life? Join us for breakfast every day.

