




Flossmoor Hills, Heather Hill, Serena Hills

December 2018 Breakfast Express Menu

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



**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.

