

Hamburg School

December 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

7:40-8:00 Daily

Wednesday is "Hot Breakfast Day!"

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Offered with all Meals:

Assorted Juices
Fruit Cup
Milk Selection

Bagel Toppings:

Cream Cheese, Jelly or Butter

Student Breakfast

\$1.60

Adult Breakfast

\$2.10

Reduced Breakfast

\$0.30

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| HAPPY HOLIDAYS | | | | 1 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping |
| 4 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 5 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 6 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup | 7 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut | 8 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping |
| 11 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 12 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 13 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup | 14 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut | 15 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping |
| 18 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 19 Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping | 20 Assorted Whole Grain Cereals & Graham Crackers OR Pancakes & Syrup | 21 Assorted Whole Grain Cereals & Graham Crackers OR Warm Whole Grain Spice Donut | 22 Half Day Assorted Whole Grain Cereals & Graham Crackers OR Bagel with Topping |
| 25 | 26 | 27 | 28 | 29 |
| Enjoy your Winter Break & Have a Happy New Year! | | | | |

MENU SUBJECT TO CHANGE

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