

# December



**wake up!**

School Breakfast

**Monday** - Blueberry

Muffin Top

**Tuesday** - Apple Frudel

**Wednesday** - Assorted

Cereals or Oatmeal

**Thursday** - Belgian Waffle

**Friday** - Chocolate Filled

Crescent Roll

**Two fruit options and milk provided daily**

Monday		Tuesday		Wednesday		Thursday		Friday		
		<b>November 29</b> Chicken Fajitas Tortilla Chips Steamed Corn Fresh Green Apple		<b>November 30</b> Deluxe Hamburger Crinkle Cut Fries Mixed Fruit		1 Cheese Pizza Wedge Simmered Green Beans Fresh Orange		2 Italian Cheesy Pull-Aparts Mixed Veggies Diced Pear Cup		
5	Orange Chicken Steamed Brown Rice Steamed Peas Diced Peach Cup	6	Diced Chicken Nachos Refried Beans Fresh Pear	7	Sloppy Joe on a Honey Wheat Bun Crispy Tater Tots Spiced Applesauce	8	Cheesy Mozzarella Bread Sticks Marinara Dipping Sauce Italian Corn Fresh Red Apple	9	Tasty Golden Corn Dog Mixed Veggies Mixed Fruit Cup	
12	BBQ Pork Rib Patty on a Hoagie Roll Steamed Peas Diced Pear Cup	13	Chicken Tamale in Red Sauce Elote Corn Salad Fresh Green Apple	14	Holiday Shaped Chicken Nuggets Seasoned Potato Wedges Sno Joe Iced Holiday Cookie	15	Pepperoni Pizza Steamed Green Peas Simmered Green Beans Strawberry Cup	16	Mini Cheeseburgers Mixed Veggies Diced Peach Cup	
19		20		21		22		23		
26	<div style="border: 2px solid red; padding: 20px;"> <h2 style="margin: 0;">Winter Break - No School</h2> </div>									



*What makes a Great Breakfast*

Select at least 3 items!

One must be a

Fruit Juice

AND/OR

Fruit

**VESD Students eat at no cost!** Menu subject to change. Questions? Call us at (760)245-5221

This institution is an equal opportunity provider.

\*\*Fresh Salad Bar Offered Daily\*\* All Bread and Tortillas are Whole Wheat.

