



DECEMBER

Breakfast



SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
PANCAKES ^ Syrup CINNAMON CHEX ^ Animal Grahams ^ Cherry Craisins Orange Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Apple Breakfast Bar ^ Diced Pears Grape Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ PUMPKIN LOAF ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk COLBY CHEESE OMELET Whole Wheat Bread STRAWBERRY YOGURT Granola ^	*NEW ITEM* CHICKEN BISCUIT ^ Honey CHEERIOS ^ Oats & Honey Goldfish Grahams Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup LEMON LOAF ^ Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST BURRITO ^ Taco Sauce VANILLA YOGURT Granola ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk
December 16, 2019	December 17, 2019	December 18, 2019	December 19, 2019	December 20, 2019
PANCAKES ^ Syrup STRING CHEESE Cherry Breakfast Bar ^ Diced Pears Apple Juice Orange Juice 1% White Milk Fat Free Chocolate Milk	Whole Wheat Bread STRAWBERRY BANANA YOGURT Granola ^ Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk COLBY CHEESE OMELET	CHICKEN BISCUIT ^ Honey MULTI GRAIN CHEERIOS^ Oats & Honey Goldfish Grahams Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ CHOCOLATE CHIP LOAF ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	MINI CINNIS ^ CORN CHEX ^ Vanilla Waffle Square ^ Applesauce Cup Grape Juice 1% White Milk Fat Free Chocolate Milk
December 23, 2019	December 24, 2019	December 25, 2019	December 26, 2019	December 27, 2019
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
HOLIDAY BREAK	HOLIDAY BREAK			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-02-2019	PANCAKES ^	X	X					X	X
	Syrup								
	CINNAMON CHEX ^								
	Animal Grahams ^	X	X					X	X
	Cherry Craisins								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
12-03-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	X	X					X	X
	MOZZARELLA CHEESE STICK	X							
	Apple Breakfast Bar ^							X	X
	Diced Pears								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
12-04-2019	BEEF SAUSAGE SLIDER ^							X	X
	PUMPKIN LOAF ^								X
	Fresh Banana								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
12-05-2019	Diced Peaches								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
	COLBY CHEESE OMELET	X	X					X	
	Whole Wheat Bread							X	X
	STRAWBERRY YOGURT	X							
	Granola ^								
12-06-2019	*NEW ITEM*								
	CHICKEN BISCUIT ^	X						X	X
	Honey								
	CHEERIOS ^								
	Oats & Honey Goldfish Grahams							X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-09-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	CINNAMON TOAST CRUNCH ^							X	X
	Vanilla Waffle Square ^		X					X	X
	Diced Peaches								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
12-10-2019	WAFFLES ^	X	X					X	X
	Syrup								
	LEMON LOAF ^								X
	Applesauce Cup								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
12-11-2019	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	VANILLA YOGURT	X							
	Granola ^								
	Diced Pears								
	Apple Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
12-12-2019	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	MOZZARELLA CHEESE STICK	X							
	Cherry Breakfast Bar ^							X	X
	Sliced Apples								
	Grape Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
12-13-2019	EGG & CHEESE BAGEL ^	X	X					X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-24-2019	HOLIDAY BREAK								
12-25-2019	HOLIDAY BREAK								
12-26-2019	HOLIDAY BREAK								
12-27-2019	HOLIDAY BREAK								
12-30-2019	HOLIDAY BREAK								
12-31-2019	HOLIDAY BREAK								