



Cirrus Academy Charter School - Breakfast

Dec 2018

	MON	TUES	WED	THURS	FRI
	3	4	5	6	7
CENTER PLATE	WG Cereal with Graham Crackers (2G)	Cinnamon Sugar Donut Holes (1G)	Scrambled Eggs with Pancakes (1G,2M)	Pancake Wrapped Turkey Sausage (1G,1M)	Fresh Baked Blueberry Bread with Yogurt (1G,1M)
ON THE GO	Yogurt Parfait (1G,1M,1/4C F)				
	10	11	12	13	14
CENTER PLATE	WG Cereal with Graham Crackers (2G)	Cheesy Grits with Toast (1G,1M)	French Toast Sticks with Maple Syrup (2G)	Chicken Biscuit (1.5G,1M)	Biscuits with Gravy (2.25G)
ON THE GO	Fruit Smoothie with WG Animal Crackers				
	17	18	19	20	21
CENTER PLATE	WG Cereal with Graham Crackers (2G)	Egg and Cheese Biscuit (1G,1.5M)	Cinnamon Monkey Bread (2G)	Rise and Shine Wrap (1G,2M)	No School Winter Break
ON THE GO	Yogurt and WG Toast with Jelly (1G,1M)				
	24	25	26	27	28
Winter Break					
	31				
CENTER PLATE	No School Winter Break				
ON THE GO	Fruit Smoothie with WG Animal Crackers				

Each Breakfast includes Choice of 1% or Fat Free Milk and a Choice of Two Different Fruits: Fresh Fruit, Fruit Cup or 100% Fruit Juice

HARVEST OF THE MONTH

Sweet potatoes are characterized by their vibrant orange color and versatility as an ingredient. This winter root crop is a savory addition to the winter harvests, and although sweet potatoes may be a part of the Thanksgiving tradition, make sure to add these wonderful naturally sweet vegetables to your meals throughout the year! Sweet potatoes are some of the most nutritious vegetables around; they are fat-free, full of vitamins A and C, and contain beta-carotene that promotes healthy blood and strong bones. Stop by our cafés to try locally grown sweet potatoes this winter!

SLA Management is sensitive to the needs of students with disabilities and will make every reasonable effort to accommodate students with disabilities so they can enjoy school lunch. If your child has a medical condition that may be affected by eating school lunch, please contact your school's office for a Diet Modification form. In spite of our every effort, we cannot be absolutely certain that contaminants have not been introduced to products prior to their receipt, or preparation facilities used by a third party while not under the supervision of SLA Management.