Arlene's December 2026 K-8 Breakfast Menu

Carbs listed for each item in blue font	1 Apple/Cinnamon Oatmeal Round (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	2 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	3 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	4 Early Release Day Bagel & Cream Cheese (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
7 Strawberry Pop Tart (1wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Blueberry Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	9 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 Blueberry Muffin (2wg) 36 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	11 Apple Strudel Pastry (2wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
14 Nutri-Grain Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Bagel & Cream Cheese (2wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17 Chocolate Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	18 Early Release Day Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13



MENU SUBJECT TO CHANGE
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER