

DECEMBER 2021

LEROY MASSEY ELEMENTARY

BREAKFAST



Cafeteria Manager: Terri Maynor

Menu subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider.

MONDAY



Muffins OR Honey Bun OR Donuts OR Pop-Tart OR Cereal/Cereal Bar OR Yogurt
Fruit
Juice & Milk

6

TUESDAY

Biscuit w/ meat OR Pop-Tart OR Cereal OR Cereal Bar
Fruit
Juice & Milk

7

WEDNESDAY

Waffle w/ syrup OR Pop-Tart OR Cereal OR Cereal Bar
Fruit
Juice & Milk

1

Pancake w/ syrup OR Pop-Tart OR Cereal OR Cereal Bar
Fruit
Juice & Milk

8

THURSDAY

Biscuit w/ meat OR Cereal OR Pop-Tart OR Cereal Bar
Fruit
Juice & Milk

2

Biscuit w/ meat OR Cereal OR Pop-Tart OR Cereal Bar
Fruit
Juice & Milk

9

FRIDAY

Breakfast Pizza OR Cereal OR Pop-Tart OR Cereal Bar
Fruit
Juice
Milk

3

Breakfast Pizza OR Cereal OR Pop-Tart OR Cereal Bar
Fruit
Juice
Milk

10

Muffins OR Honey Bun OR Donuts OR Pop-Tart OR Cereal/Cereal Bar OR Yogurt
Fruit
Juice & Milk

13

Biscuit w/ meat OR Pop-Tart OR Cereal OR Cereal Bar
Fruit
Juice & Milk

14

French Toast w/ syrup OR Pop-Tart OR Cereal OR Cereal Bar
Fruit
Juice & Milk

15

Biscuit w/ meat OR Cereal OR Pop-Tart OR Cereal Bar
Fruit
Juice & Milk

16

TEACHER WORKDAY

17

CHRISTMAS BREAK

20

CHRISTMAS BREAK

21

CHRISTMAS BREAK

22

CHRISTMAS BREAK

23

CHRISTMAS BREAK

24

CHRISTMAS BREAK

27

CHRISTMAS BREAK

28

CHRISTMAS BREAK

29

CHRISTMAS BREAK

30

CHRISTMAS BREAK

31