

Oxford Central

December 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

Student Breakfast

\$1.75

Adult Breakfast

\$2.15

Reduced Breakfast

\$0.30

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| HAPPY HOLIDAYS | | | | 1 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection |
| 4 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 5 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 7 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection |
| 11 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 12 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 14 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 15 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection |
| 18 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 19 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 20 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 21 Assorted Muffins with Graham Crackers Assorted Fruit 100% Juice Milk Selection | 22 Half Day Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection |
| 25 | 26 | 27 | 28 | 29 |
| Enjoy your Winter Break & Have a Happy New Year! | | | | |

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"