

# December 2018

## Drummond Area School District

### BREAKFAST



Breakfast is free for all students!  
This institution is an equal opportunity provider.



Nutrition Tip: Have nuts or fruit for a snack instead of candy or chips.

#### Monday

3) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

10) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

17) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

24) Vacation

31) Vacation

Classes resume Jan. 3<sup>rd</sup>.

#### Tuesday

4) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

11) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

18) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

25) Merry Christmas!  
Vacation



#### Wednesday

5) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

12) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

19) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

26) Vacation

#### Thursday

6) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

13) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

20) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

27) Vacation

#### Friday

7) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

14) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

21) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

28) Vacation

