

DECEMBER 2018

Ashland High Breakfast

Students 1.75 Adults 2.00
All meals include milk & unlimited fruit, choice of string cheese, yogurt or eggs

Every Breakfast comes with a choice of protein & fruit

Monday

Tuesday

Wednesday

Thursday

Friday

3

French Toast & sausage
Fruit & Veggie breads
Cereal

4

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

5

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

6

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

7

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

10

French Toast & sausage
Fruit & Veggie breads
Cereal

11

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

12

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

13

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

14

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

17

French Toast & sausage
Fruit & Veggie breads
Cereal

18

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

19

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

20

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

21

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

24

Winter Break



26

Winter Break

27

Winter Break

28

Winter Break

31

Winter Break



All meals meet the Federal Healthy Hunger free kids act of America
You may pay on your students account or apply for benefits at any school office or online on the school district web site
<http://www.ashland.k12.or.us/foodservices> and www.mymealtime.com to track your students account.
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