

DECEMBER 2018

AMS & JMS Breakfast

Students 1.50 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

Pancakes & sausage
Breakfast burrito
Cereal

4

Ham & cheese bagel
Fruit Muffin
Cereal

5

Biscuits & gravy w/ sausage
Yogurt parfait w/ granola & berries
Cereal

6

Fruit frudel
Scramble eggs, toast & hash browns
Cereal

7

Cinnamon Roll
Bagel w/ cream cheese
Cereal

10

Pancake Sausage wrap
Zucchini Bread
Cereal

11

Breakfast tornado
Fruit frudels
Cereal

12

Ham & cheese bagel
Yogurt w/ granola and Berries
Cereal

13

Fruit muffin
French toast
Cereal

14

Cinnamon Roll
Bagel w/ cream cheese
Cereal

17

Pancake sausage wrap
Fruit muffins
Cereal

18

Egg & sausage Burrito
Zucchini Bread
Cereal

19

Ham & cheese Bagel
Fruit Frudel
Cereal

20

Scramble eggs & cheese
Toast & hash browns
Breakfast tornado
Cereal

21

Cinnamon Roll
Bagel w/ cream cheese
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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