



DECEMBER

Breakfast

HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
December 3, 2018	December 4, 2018	December 5, 2018	December 6, 2018	December 7, 2018
STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	EGG & CHEESE BAGEL ^ Pineapple Tidbits Orange Juice Choice of Milk	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Apple Choice of Milk	WAFFLES ^ Fresh Pear Blended Fruit Juice Syrup Choice of Milk	CINNAMON CHEX ^ Cherry Breakfast Bar ^ Fresh Apple Choice of Milk
December 10, 2018	December 11, 2018	December 12, 2018	December 13, 2018	December 14, 2018
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange Juice Choice of Milk	FRENCH TOAST STICKS ^ Applesauce Cup Grape Juice Syrup Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	SCRAMBLED EGGS ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Choice of Milk	MOZZARELLA CHEESE STICK Blueberry Muffin ^ Fresh Apple Choice of Milk
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
CINNAMON TOAST CRUNCH ^ Maple Breakfast Square ^ Craisins Apple-Cranberry Juice Choice of Milk	CHICKEN BISCUIT ^ Orange Juice Diced Peaches Honey Choice of Milk	MOZZARELLA CHEESE STICK Banana Muffin ^ Fresh Apple Choice of Milk	PANCAKES ^ Fresh Pear Grape Juice Syrup Choice of Milk	Choice of Milk FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple
December 24, 2018	December 25, 2018	December 26, 2018	December 27, 2018	December 28, 2018
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
HOLIDAY BREAK				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

