



# December 2022

## St. Bernard & Elmwood Elementary K-6 Breakfast Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <i>Merry Christmas<br/>and<br/>Happy New Year<br/>From the Cafeteria Staff</i>          |  |  | <b>1</b> Variety Cereal<br>Toast<br>Applesauce Cup<br>Orange Juice<br>Low Fat Milk  | <b>2 Teacher Inservice<br/>No Students</b>                            |
| <b>5</b> Poptart<br>Graham Crackers<br>Mixed Fruit Cup<br>Orange Juice<br>Low Fat Milk  | <b>6</b> Crumb Cake<br>Peach Cup<br>Orange Juice<br>Low Fat Milk | <b>7</b> Waffles<br>Fruit Cup<br>Fruit Juice<br>Low Fat Milk   | <b>8</b> Variety Cereal<br>Toast<br>Applesauce Cup<br>Orange Juice<br>Low Fat Milk  | <b>9</b> Muffin<br>Yogurt<br>Craisins<br>Orange Juice<br>Low Fat Milk |
| <b>12</b> Poptart<br>Graham Crackers<br>Mixed Fruit Cup<br>Orange Juice<br>Low Fat Milk | <b>13</b> Crumb Cake<br>Peaches<br>Orange Juice<br>Low Fat Milk  | <b>14</b> Waffles<br>Fruit Cup<br>Orange Juice<br>Low Fat Milk | <b>15</b> Variety Cereal<br>Toast<br>Applesauce Cup<br>Orange Juice<br>Low Fat Milk | <b>16 Staff Inservice<br/>No Students</b>                             |
| <b>19</b> Winter Break<br>No School   | <b>20</b> No School  | <b>21</b> No School  | <b>22</b> No School   | <b>23</b> No School   |
| <b>26</b> No School   | <b>27</b> No School  | <b>28</b> No School  | <b>29</b> No School   | <b>30</b> No School   |

### NEWS

Breakfast \$1.20  
Reduced Price .30¢  
Extra Milk .45¢

Assorted low fat milk available daily with breakfast

Students must take at least 3 of the items offered. (1 must be a juice and/or fruit) with 2 grains or grain and meat/meat alternate and milk

#### SAVE TIME IN THE MORNING

Deposit money in your child's account for breakfast and lunch  
Setup your account in PaySchools Central  
[www.payschoolscentral.com](http://www.payschoolscentral.com)

#### IF YOU HAVEN'T ALREADY

Please fill out and return your Free and Reduced Meals Application as soon as possible!

#### **Second Choice**

Crunchmania Cinnamon Bun  
Juice  
Fruit  
Low Fat Milk

All Grains are Whole Grain or Whole Grain Rich

\*\*MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS\*\*

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