





SMSD K-12 Breakfast Menu

Menu is Subject to Change.

December 2022



Children who eat breakfast show an increased ability to learn, better academic performance and may have a decreased risk of being overweight.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chocolate Chip Muffin & Yogurt Cup	2 Pancakes & Syrup
5 Assorted Cereals & Graham Crackers	6 Bagels & Cream Cheese	7 English Muffin Egg & Cheese Sandwich	8 Yogurt Parfait W/ Fresh Fruit & Granola	9 French Toast Sticks & Syrup
12 Assorted Cereals & Toast	13 Waffles & Syrup	14 Egg-Cheese & Potato Burritos	15 Muffin & Yogurt Cup	16 EGGO Cinnamon Waffles
19 Cereal & Toast OR Brown Sugar Oatmeal	20 Bagels & Butter OR 2oz Cream Cheese	21 Scrambled Eggs Sausage - Toast	22 Pancakes & Syrup	23 Chef's Choice
26 No School Winter break	27 No School Winter break	28 No School Winter Break	29 No School Winter Break	30 

Choose items from below
Must Take at Least 3
Items:

- Fresh or Prepared Fruits Daily
- Non or Low-Fat Upstate White Milk
- 100% Juice Cups
- Whole Grains:
- Choice of Featured Daily Breakfast Entrée OR
- Cereal & Graham Crackers OR Toast
- Yogurt Cups & Graham Crackers

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