



BREAKFAST

DECEMBER 2022

North Cedar Jr/Sr High School

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Pizza
Donut

5

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Toast, Omelet, Ham Patty
Muffin, Cereal, Mini Donuts

6

Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Breakfast Sandwich
or Long John

7

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Breakfast Bites or
Mini Sugared Donuts

1

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Biscuits & Gravy or
Twist Donut

2

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

French toast Sticks
Sausage Patty, Syrup, K

8

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Biscuits & Gravy
or Cinnamon Roll

9

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Mini Eggo Waffles, Sausage
Links, Long John, K, Syrup
Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

12

Breakfast Bowl:

13

Scrambled Eggs, Sausage Gravy
Tater Coins, Shredded Cheese, Bacon
Muffin, Cereal, Mini Donuts, Cereal Bar
Pop Tart, Assorted Breads
Yogurt or Boiled Egg, 100% Juice
Choices of Fruit, Milk of Choice

Breakfast Burrito or
Twist Donut

14

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Dutch Waffle Bar
Strawberries, Whip Topping
Powdered Sugar, Syrup, Muffin
Cereal, Mini Donuts, Cereal Bar
Pop Tart, Assorted Breads
Yogurt or Boiled Egg, 100% Juice
Choices of Fruit, Milk of Choice

15

Breakfast Pizza or
Long John

16

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Biscuits & Gravy or
Donut

19

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Omelet, Toast, Bacon
Mini Sugared Donuts, Syrup, K

20

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Breakfast Sandwich
or Long John

21

Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted
Breads, Yogurt or Boiled Egg
100% Juice, Choices of Fruit
Milk of Choice

Breakfast Bowl:

22

Scrambled Eggs, Sausage Gravy
Tater Coins, Shredded Cheese
Bacon, Muffin, Cereal, Mini Donuts
Cereal Bar, Pop Tart, Assorted Breads
Yogurt or Boiled Egg, 100% Juice
Choices of Fruit, Milk of Choice

23

No School

26

No School
Winter Break

27

28

29

30