



GEO Prep Breakfast Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini French Toast* Assorted Fruit Assorted 100% Fruit Juice	4 Cheesy Breakfast Sandwich* Assorted Fruit Assorted 100% Fruit Juice	5 Mini Pancakes* Assorted Fruit Assorted 100% Fruit Juice	6 Sausage Biscuit* Assorted Fruit Assorted 100% Fruit Juice	7 Berry Yogurt Parfait w/ Graham Crackers Assorted Fruit Assorted 100% Fruit Juice
10 Mini Waffles* Assorted Fruit Assorted 100% Fruit Juice	11 Toasted Ham & Cheese Sandwich* Assorted Fruit Assorted 100% Fruit Juice	12 Yogurt & WG Muffin* Assorted Fruit Assorted 100% Fruit Juice	13 Sausage Pancake on a Stick* Assorted Fruit Assorted 100% Fruit Juice	14 Cinni Minis* Assorted Fruit Assorted 100% Fruit Juice
17 Mini French Toast* Assorted Fruit Assorted 100% Fruit Juice	18 Cheesy Breakfast Sandwich* Assorted Fruit Assorted 100% Fruit Juice	19 No School	20 No School	21 No School
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				

Choice of Low-Fat 1% White Milk and Fat-Free Chocolate Milk.
Alternate meal of Whole Grain Cold Cereal* with Whole Grain Toast* Available Daily
 (*) Denotes menu item contain Whole Grains