

# December 2018

## Ozark K7

### BREAKFAST



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**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

Asst. Cold Cereal  
Pancake Wrap, Mini Maple  
Canned Fruit  
Juice Choice  
Milk

3

### Tuesday

Asst. Cold Cereal  
Oatmeal w/Brown Sugar  
Cinnamon Toast  
Canned Fruit  
Juice Choice  
Milk

4

### Wednesday

Asst. Cold Cereal  
Banana Mini Loaf WG  
Fresh Apple  
Juice Choice  
Milk

6

### Thursday

Asst. Cold Cereal  
Dutch Waffle  
Canned Fruit  
Juice Choice  
Milk

5

### Friday

Asst. Cold Cereal  
Toast  
Canned Fruit  
Juice Choice  
Milk

7

Asst. Cold Cereal  
Pancake Sausage on a Stick  
Canned Fruit  
Juice Choice  
Milk

10

Asst. Cold Cereal  
Sausage Breakfast Pizza  
Canned Fruit  
Juice Choice  
Milk

11

Asst. Cold Cereal  
Ultimate Breakfast Round  
Orange  
Juice Choice  
Milk

12

Asst. Cold Cereal  
Waffle  
Canned Fruit  
Juice Choice  
Milk

13

Asst. Cold Cereal  
Cinnamon Toast  
Canned Fruit  
Juice Choice  
Milk

14

Asst. Cold Cereal  
Scrambled Eggs  
Bagel, WG  
Canned Fruit  
Juice Choice  
Milk

17

Asst. Cold Cereal  
Bacon & Egg Breakfast Boat  
Canned Fruit  
Juice Choice  
Milk

18

Asst. Cold Cereal  
WG Blueberry Muffin  
Fresh Apple  
Juice Choice  
Milk

19

Asst. Cold Cereal  
Cheese Stuffed Sandwich  
Canned Fruit  
Juice Choice  
Milk

20

CHRISTMAS BREAK

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CHRISTMAS BREAK

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CHRISTMAS BREAK

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CHRISTMAS BREAK

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CHRISTMAS BREAK

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CHRISTMAS BREAK

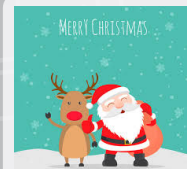
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CHRISTMAS BREAK

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This institution is an equal opportunity provider. This menu is subject to change.



Visiting adults cannot charge a meal to their student account. Please have cash when paying. Adult meals are \$3.10. Correct change is encouraged.

