

December 2017

Pekin Community School District

BREAKFAST



This Menu is Subject to Change. We will continue to update and keep as accurate as possible.



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

Tuesday

Wednesday

Thursday

Friday



4

NO SCHOOL

11

WG Donut Holes
String Cheese
Fruit Choice/ Juice Choice

18

French Toast
Yogurt
Fruit Choice/ Juice Choice

25

MERRY CHRISTMAS

5

Sausage Patty
WG Toast
Fruit Choice/ Juice Choice

12

Scrambled Eggs
WG Toast
Fruit Choice/ Juice Choice

19

Cheesy Egg Omelet
WG Toast
Fruit Choice/ Juice Choice

26

NO SCHOOL

6

Breakfast Pizza
Cinnamon Buns
Fruit Choice/ Juice Choice

13

WG Cereal
Yogurt
Fruit Choice/ Juice Choice

20

Sausage Patty
WG Toast
Fruit Choice/ Juice Choice

27

NO SCHOOL

7

WG Pop Tart
String Cheese
Fruit Choice/ Juice Choice

14

Egg Patty
WG Toast
Fruit Choice/ Juice Choice

21

WG Pop Tart
Yogurt
Fruit Choice/ Juice Choice

28

NO SCHOOL

1

Cheesy Egg Omelet
WG Toast
Fruit Choice/ Juice Choice

8

French Toast
Yogurt
Fruit Choice/ Juice Choice

15

WG Cereal Bar
String Cheese
Fruit Choice/ Juice Choice

22

NO SCHOOL

29

NO SCHOOL