

December 2020

Orange Schools Remote and Hybrid Menu

BREAKFAST



**** denotes whole grain products**

Meals are at no cost to all students

Menus are subject to change due to availability

This institution is an equal opportunity employer



Nutrition Tip: Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

Monday



Tuesday

Wednesday

Thursday

Friday

****Nutrigrain Bar**
****Goldfish Cracker**
Juice cup and Fruit Cup
Milk

1

****Cherry Frudel Pastry**
Fruit Cup
Juice Cup
Milk

2

****Cereal w/ Milk**
****Goldfish Cracker**
Fruit Cup
Juice Cup

3

****Mini Bagel w/ Cr. Cheese Filling**
Fruit Cup
Juice Cup
Milk

4

****Cereal Bar**
****Goldfish Cracker**
Fruit Cup
Juice Cup
Milk

7

****Apple Frudel Pastry**
Fruit Cup
Juice Cup
Milk

8

****Pop Tart Pastry**
****String Cheese**
Fruit Cup
Juice Cup
Milk

9

****Blueberry Breakfast Bread**
String Cheese
Fruit Cup
Juice Cup
Milk

10

****Mini Cinnamon Rolls**
Fruit Cup
Juice Cup
Milk

11

**** Banana Breakfast Bread**
String Cheese
Fruit Cup
Juice Cup

14

*****Nutrigrain Bar**
****Goldfish Cracker**
Fruit Cup
Juice Cup
Milk

15

****Cherry Frudel Pastry**
Fruit Cup
Juice Cup
Milk

16

****Cereal w/ Milk**
****Goldfish Cracker**
Fruit Cup
Juice Cup

17

****Mini Bagel w/ Cr. Cheese Filling**
Fruit Cup
Juice Cup
Milk

18

No School

21

No School

22

No School

23

No School

No School

25

No School

28

No School

29

No School

30

No School

31

