

December

2018

Westbrook HS

Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Breakfast Combo Graham Bits, Fruit, Juice Milk	4 French Toast Fruit, Juice, Milk	5 Apple Frudel String Cheese, Fruit, Juice, Milk	6 Omelet , English Muffin Fruit, Juice, Milk	7 Long John, Fruit, Juice Milk	8
9	10 Mini Donuts Yogurt, Fruit, Juice, Milk	11 Egg Muffin, Fruit Juice, Milk	12 Breakfast Burrito Fruit, Juice, Milk	13 Cinnamon Roll Fruit, Juice, Milk	14 Bagel w Cream Cheese Fruit, Juice, Milk	15
16	17 Mini Pancakes Fruit, Juice, Milk	18 Yogurt Parfait Fruit, Juice, Milk	19 Breakfast Pizza Fruit, Juice, Milk	20 Mini Waffles Fruit, Juice, Milk	21 Cereal Bar, Yogurt Fruit, Juice, Milk	22
23	24	25	26	27	28	29
30	31					

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