



Eat different foods each day for a wide variety of nutrients.

Shawano Secondary Breakfast Menu

DECEMBER 2016

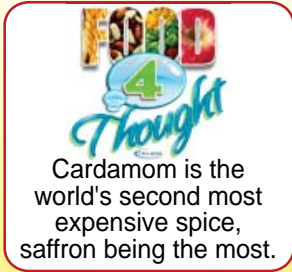
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cardamom is the world's second most expensive spice, saffron being the most.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

Breakfast Stacker or Uncrustable
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Iced Long John or Waffles
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Breakfast Pizza or Banana Bread
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Cinni Mini's or Uncrustable
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Pancake on a Stick or Banana Bread
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Egg & Cheese Biscuit or Fred Breakfast Cookie
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Breakfast Burrito or Cream Cheese Bagel
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Banana Bread or Breakfast Pizza
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Mini Donut Holes or Pancake on a Stick
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Banana Yogurt Split or Uncrustable
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice

Mini Pancakes w/Syrup or Breakfast Pizza
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Cinnamon Roll or Breakfast Cookie
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Fred Breakfast Cookie or Omelet & Tri Tator
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice

French Toast Bread or Breakfast Pizza
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Pancake on a Stick or Mini Donuts
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Breakfast Pizza or Mini Cinni's
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

Iced Long John or Mini Waffles
Choice of Cereal
Graham Crackers
Served with:
Vegetable Choice
Fruit or Juice
Milk

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

PRICES

Elementary	\$1.00
Secondary	\$1.35
Reduced	\$.30
Adult	\$1.60

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with breakfast.

Sarah Moesch, FSD
moeschs@shawanoschools.com
715-526-2175 ext. 8250

