



Aventura City of Excellence School
Breakfast
DECEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
December 3 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 4 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 5 2oz Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 6 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 7 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
December 10 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	December 11 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 12 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	December 13 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Flavored	December 14 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored
December 17 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 18 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 19 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 20 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	December 21 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
December 24 NO SCHOOL WINTER BREAK	December 25 NO SCHOOL WINTER BREAK	December 26 NO SCHOOL WINTER BREAK	December 27 NO SCHOOL WINTER BREAK	December 28 NO SCHOOL WINTER BREAK
December 31 NO SCHOOL WINTER BREAK	January 1 NO SCHOOL WINTER BREAK	January 2 NO SCHOOL WINTER BREAK	January 3 NO SCHOOL WINTER BREAK	January 4 NO SCHOOL WINTER BREAK