



Need the nutrition information for our menu items?

- Visit psd202.schooldish.com and click on Menus & Nutrition.
- On the very left hand side of the screen, it will say Elementary School, Middle School & High School. Each of these links will bring you to an interactive weekly menu with Nutrition Labels for each menu item.

3

Mini Warm Cinnamon Rolls
Despicable Me Grahams w/
Chocolate Chip Muffin or a
Cheese Stick

Fruits and 100% Juice
Chocolate & White Milk

4

Mini Maple Pancakes
Coco Puff Cereal w/ a
Trix Yogurt or a Cheese
Stick

Fruits and 100% Juice
Chocolate & White Milk

5

Mini French Toast Bites
Chocolate Elf Grahams w/
Flavored Poptart

Fruits and 100% Juice
Chocolate & White Milk

6

Mini Warm Cinnamon Rolls
Scooby Doo Grahams w/ a
Nutri Grain Bar or a
Cheese Stick

Fruits and 100% Juice
Chocolate & White Milk

7

Mini French Toast Bites
Banana Muffin w/
Cinnamon Elf Grahams

Fruits and 100% Juice
Chocolate & White Milk

10

Mini Warm Cinnamon Rolls
Chocolate Muffin w/ Chez-
Its

Fruits and 100% Juice
Chocolate & White Milk

11

Mini Maple Pancakes
Scooby Doo Grahams w/
Cocoa Puff Cereal Bar or
Yogurt

Fruits and 100% Juice
Chocolate & White Milk

12

Mini French Toast Bites
Chocolate Elf Grahams w/
Flavored Poptart

Fruits and 100% Juice
Chocolate & White Milk

13

Mini Warm Cinnamon Rolls
Scooby Doo Grahams w/ a
Nutri Grain Bar or a
Cheese Stick

Fruits and 100% Juice
Chocolate & White Milk

14

Mini French Toast Bites
Banana Muffin w/
Cinnamon Elf Grahams

Fruits and 100% Juice
Chocolate & White Milk

17

Mini Warm Cinnamon Rolls
Chocolate Muffin w/ Chez-
Its

Fruits and 100% Juice
Chocolate & White Milk

18

Mini Maple Pancakes
Scooby Doo Grahams w/
Cocoa Puff Cereal Bar or
Yogurt

Fruits and 100% Juice
Chocolate & White Milk

19

Mini French Toast Bites
Chocolate Elf Graham w/ a
Cinnamon Poptart

Fruits and 100% Juice
Chocolate & White Milk

20

Mini Warm Cinnamon Rolls
Scooby Doo Grahams w/ a
Nutri Grain Bar or a
Cheese Stick

Fruits and 100% Juice
Chocolate & White Milk

21

Mini French Toast Bites
Cinnamon Elf Grahams w/
Banana

Fruits and 100% Juice
Chocolate & White Milk

WINTER BREAK

How to Build a Breakfast:

Daily Hot Entrée + 1 Fruit or Juice + Milk

Pick up 2 Grains + 1 Fruit or Juice + Milk

DID YOU KNOW?... Breakfast is only \$1.55
If you currently received FREE or REDUCED (\$0.40)
lunch you also are automatically eligible to get a
FREE or REDUCED (\$0.30) breakfast.

Menus are subject to change without notice