



# December 2018

## Academy Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Need the nutrition information for our menu items?

→ Visit [psd202.schooldish.com](http://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.

Special News...

More Info...

Breakfast is the most important meal of the day! Get your body ready for the day. Feel full and focused! If you already ate, save your pouch for a snack pack later.

<p><b>3</b> Banana Muffin Elf Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>4</b> Coco Puff Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>5</b> Jurassic Grahams Poptart</p> <p>Fruit &amp; Milk</p>	<p><b>6</b> Nutri Grain Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>7</b> Chocolate Muffin Bear Grahams</p> <p>Fruit &amp; Milk</p>
<p><b>10</b> Banana Muffin Elf Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>11</b> Coco Puff Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>12</b> Jurassic Grahams Poptart</p> <p>Fruit &amp; Milk</p>	<p><b>13</b> Nutri Grain Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>14</b> Chocolate Muffin Bear Grahams</p> <p>Fruit &amp; Milk</p>
<p><b>17</b> Banana Muffin Elf Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>18</b> Coco Puff Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>19</b> Jurassic Grahams Poptart</p> <p>Fruit &amp; Milk</p>	<p><b>20</b> Nutri Grain Bar Scooby Doo Grahams</p> <p>Fruit &amp; Milk</p>	<p><b>21</b> Chocolate Muffin Bear Grahams</p> <p>Fruit &amp; Milk</p>

**WINTER BREAK**

Menus are subject to change without notice.

### Special News...

If you currently received FREE or REDUCED (\$0.40) lunch you also are able to get a FREE

