



La Academia de Estrellas Breakfast Menu

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>~ whole grain "apple Os" medley cereal bowl *</p> <p>~ house-made soft baked fruit and oats 'flatcake' *</p> <p>fresh-cut 72ct orange half 100% fruit juice *</p> <p>milk selection</p>	<p>4</p> <p>~ whole grain breakfast panini sandwich layered with turkey ham & cheese *</p> <p>fresh banana 100% fruit juice *</p> <p>milk selection</p>	<p>5</p> <p>~ whole grain toasted oats and raisins cereal bowl *</p> <p>~ fresh baked whole grain apple n' oat crumble muffin *</p> <p>fresh-cut cantaloupe 100% fruit juice *</p> <p>milk selection</p>	<p>6</p> <p>~ whole wheat pancake "pig in a blanket" with turkey sausage link and syrup cup *</p> <p>mandarin oranges in juice 100% fruit juice *</p> <p>milk selection</p>	<p>7</p> <p>~ fresh baked whole grain "sticky bun" with apple cinnamon topping *</p> <p>chilled pears in juice 100% fruit juice *</p> <p>milk selection</p>





<p>10</p> <p>~ fresh baked whole grain warm Southern-style biscuit with turkey sausage patty *</p> <p>fresh-cut 72ct orange half 100% fruit juice *</p> <p>milk selection</p>	<p>11</p> <p>~ whole grain "squares" medley cereal bowl *</p> <p>~ fresh baked whole grain peaches & yogurt muffin *</p> <p>pineapple chunks in juice 100% fruit juice *</p> <p>milk selection</p>	<p>12</p> <p>~ egg, potato, and cheese taquito & taco sauce or ~ house-made beef chorizo, potato, and cheese taquito & taco sauce *</p> <p>fresh-cut fruit cup 100% fruit juice *</p> <p>milk selection</p>	<p>13</p> <p>~ whole grain "flakes" medley cereal bowl *</p> <p>~ fresh baked whole grain triberry 'flatcake' *</p> <p>fresh banana 100% fruit juice *</p> <p>milk selection</p>	<p>14</p> <p>~ French toast sticks with syrup cup *</p> <p>turkey sausage link *</p> <p>chilled applesauce 100% fruit juice *</p> <p>milk selection</p>
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<p>17</p> <p>~ whole grain "golden Cinnatoast" medley cereal bowl *</p> <p>~ whole wheat bread slice and mixed fruit jelly *</p> <p>fresh seasonal apple variety 100% fruit juice *</p> <p>milk selection</p>	<p>18</p> <p>~ warm whole wheat breakfast bagel topped with turkey bacon, egg and cheddar cheese *</p> <p>fresh banana 100% fruit juice *</p> <p>milk selection</p>	<p>19</p> <p>~ whole grain "fruity Os" medley cereal bowl *</p> <p>~ fresh baked whole grain carrot spice muffin *</p> <p>chilled diced apricots 100% fruit juice *</p> <p>milk selection</p>	<p>20</p> <p>~ whole wheat pancake "sliderwich" with turkey sausage patty and syrup cup *</p> <p>fresh-cut cantaloupe 100% fruit juice *</p> <p>milk selection</p>	<p>21</p> <p>~ fresh baked whole grain "sticky bun" with peach cinnamon topping *</p> <p>chilled diced peaches 100% fruit juice *</p> <p>milk selection</p>
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24	25	26	27	28
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A Happy & Safe Holidays to All

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Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc... all scratch-cooked in-house with our recipes"

"Produce, Fruit, and other recipe ingredients sourced locally (when seasonally available)"

