

# December 2020

## Maury County Public Schools

### BREAKFAST



**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

ASSORTED FRUIT & 100% FRUIT JUICES OFFERED DAILY  
**School Nutrition Department – (931) 388-8403.**



All reimbursable meals **must** have a fruit/vegetable on the tray. Students must select at least 3 items for a reimbursable meal

Yogurt, cereal choices & other grain items will vary daily.

Pricing PreK -12 **NO COST** & Adults **\$2.50.**

Menu Subject to Change

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

1  
 Yogurt  
 Biscuit / meat  
 Scrambled Eggs

2  
 Egg & Cheese Croissant  
 Biscuit / meat  
 Scrambled Eggs

3  
 Sausage Biscuit  
 Biscuit / meat  
 Scrambled Eggs

4  
 Pancake on a Stick  
 Biscuit / meat  
 Scrambled Eggs

7  
 Breakfast Pizza  
 Biscuit / meat  
 Scrambled Eggs

8  
 Chicken & Waffles  
 Biscuit / meat  
 Scrambled Eggs

9  
 Breakfast Burrito  
 Biscuit / meat  
 Scrambled Eggs

10  
 Mini Pancakes  
 Biscuit / meat  
 Scrambled Eggs

11  
 Cinnamon Roll  
 Biscuit / meat  
 Scrambled Eggs

14  
 French Toast  
 Biscuit / meat  
 Scrambled Eggs

15  
 Breakfast Parfait  
 Biscuit / meat  
 Scrambled Eggs

16  
 Egg & Cheese Croissant  
 Biscuit / meat  
 Scrambled Eggs

17  
**Manager Choice**

18  
**Manager Choice**



**CHRISTMAS BREAK**



28  
 29  
 30  
 31  
**Nutrition Tip:** Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

