

# December 2020

## ALGOMA SCHOOL DISTRICT

### BREAKFAST



Menu Subject to change dependent on availability. This Institution is an equal opportunity provider



**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

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Blueberry Bread **1**  
Fruit  
Juice  
Milk

Maple Pancakes **2**  
Fruit  
Juice  
Milk

Muffin **3**  
Fruit  
Juice  
Milk

Poptart **4**  
Fruit  
Juice  
Milk

Cereal **7**  
Juice  
Milk

Banana Pancakes **8**  
Fruit  
Juice  
Milk

Strawberry Bagel **9**  
Fruit  
Juice  
Milk

Chocolate Bread **10**  
Fruit  
Juice  
Milk

Cherry Frudel **11**  
Fruit  
Juice  
Milk

Cereal **14**  
Juice  
Milk

Yogurt Cracker **15**  
Fruit  
Juice  
Milk

Confetti Pancakes **16**  
Fruit  
Juice  
Milk

Cinnamon Toast Bar **17**  
Fruit  
Juice  
Milk

Banana Bread **18**  
Fruit  
Juice  
Milk

Cereal **21**  
Juice  
Milk

Blueberry Waffles **22**  
Fruit  
Juice  
Milk

Cinnamon Bagel **23**  
Fruit  
Juice  
Milk

**NO SCHOOL** **24**

**NO SCHOOL** **25**

**NO SCHOOL** **28**

**NO SCHOOL** **29**

**NO SCHOOL** **30**

**NO SCHOOL** **31**

