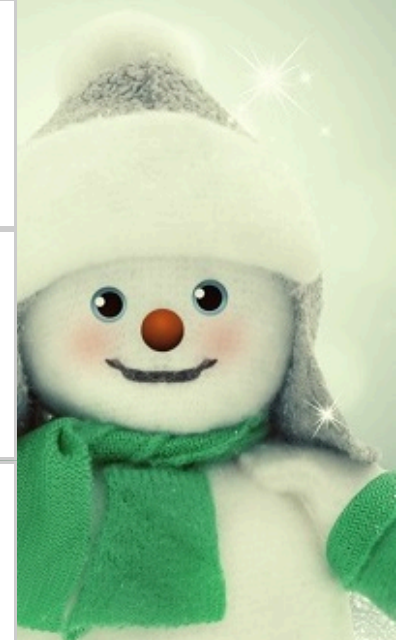


St. Christophers Breakfast Menu

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Banana Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	2 Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	3 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	4 Chocolate Chip Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	5  NO SCHOOL!
8 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	9 Cinnamon Roll Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	10 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	11 Apple Cinnamon Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	12 Pop Tarts - Fudge Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
15 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	16 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	17 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	18 Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	19 Donut Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
22 	23 	24 	25 	26 
29 	30 	31 	PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.	

This institution is an equal opportunity provider.
Menu is subject to change.



WHAT IS IN A BREAKFAST???

Grains, Meat/Meat Alternate, Vegetables, Fruits, and Milk.

Students MUST take 3 full items including 1/2 cup fruit.