

# December 2019

## HOLMES COUNTY HIGH SCHOOL

### BREAKFAST



**Nutrition Tip:** Children who consume yogurt consume at least 12% more bone health promoting nutrients: Calcium, Vitamin D, Potassium.  
Reference: NHANES 2013-14

### Monday

Mini Strawberry Bagel **2**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Mini Pancakes **9**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Chicken Croissants **16**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **23**  
CHRISTMAS BREAK

NO SCHOOL **30**  
CHRISTMAS BREAK

### Tuesday

Chicken Croissant **3**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Southwest Sliders **10**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Sausage Biscuit **17**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **24**  
CHRISTMAS BREAK

NO SCHOOL **31**  
CHRISTMAS BREAK

### Wednesday

French Toast Sticks **4**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Pancake Pup with Syrup **11**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

French Toast with Syrup **18**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **25**  
CHRISTMAS BREAK



### Thursday

Ham, Egg, Cheese Wrap **5**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Breakfast Pizza **12**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Scones **19**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **26**  
CHRISTMAS BREAK

### Friday

Cinnamon Rolls **6**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Cinnamon Rolls **13**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Cinnamon Rolls **20**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **27**  
CHRISTMAS BREAK

