

**GLOBAL
CONCEPTS
CHARTER SCHOOLS**
Breakfast Menu K-12
Student Price \$2.00

December 2018



Lunch Fact.

My Plate recommends:
Choose vegetables rich in color!
Brighten your plate with vegetables that are **red, orange, or dark green**. They not only taste great but also are good for you.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
3 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	4 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Pancakes (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
10 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	11 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Cinnamon Honey Bun (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
17 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	18 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	19 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	20 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
24 Winter Recess 	25 Winter Recess 	26 Winter Recess 	27 Winter Recess 	28 Winter Recess

Choose an item from between each of the dotted line sections

Must take at least 2 Items

We offer fresh, prepared fruits and juice daily

Non or Low Fat White or Non-Fat Chocolate Milk

**Winter Recess
December 25th – January 1st**

Did You Know.....

All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.

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