

# DECEMBER 2018

## EAGLE'S NEST ACADEMY

"or:" = An alternative selection to choose.  
 "WG"=Whole Grain  
 1% White & Fat Free Chocolate Milk available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Frosted Corn Flakes</b> 3 Animal Grahams Craisins Orange Juice 1% or FF White Milk	<b>Double Chocolate Chip Muffin</b> 4 Mini Vanilla Wafers Apple Juice Diced Peach Cup 1% or FF White Milk	<b>Dannon Nonfat Creamy Yogurt</b> 5 Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk	<b>Breakfast Nutrition Bar</b> 6 Fresh Banana Orange Juice 1% or FF White Milk	<b>WG Cinnabar</b> 7 Apple Juice Fresh Orange 1% or FF White Milk
<b>Cocoa Krispies Cereal Bar</b> 10 Animal Grahams Craisins Orange Juice 1% or FF White Milk	<b>Breakfast Nutrition Bar</b> 11 Diced Pear Cup Apple Juice 1% or FF White Milk	<b>WG Bagel</b> 12 Fresh Apple 1% or FF White Milk	<b>WG Banana Muffin</b> 13 Mini Vanilla Wafers Fresh Banana Orange Juice 1% or FF White Milk	<b>Strawberry Pop Tart</b> 14 Giant Cinnamon Goldfish Apple Juice Fresh Orange 1% or FF White Milk
<b>Cinnamon Toast Crunch Cereal</b> 17 Animal Grahams Craisins Orange Juice 1% or FF White Milk	<b>Double Chocolate Chip Muffin</b> 18 Mini Vanilla Wafers Apple Juice Mixed Fruit Cup 1% or FF White Milk	<b>Dannon Nonfat Creamy Yogurt</b> 19 Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk	<b>Breakfast Nutrition Bar</b> 20 Fresh Banana Orange Juice 1% or FF White Milk	<b>WG Raspberry Bar</b> 21 Apple Juice Fresh Orange 1% or FF White Milk
<b>No School</b> 24	<b>No School</b> 25	<b>No School</b> 26	<b>No School</b> 27	<b>No School</b> 28
<b>No School</b> 31				



**\*\*MENU IS SUBJECT TO CHANGE\*\***

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