

December 2020

PARK CITY SCHOOLS

BREAKFAST



Breakfast Prices

K-12 \$1.35 Adults \$2.00



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

Variety of Cereal, Fruit Cup, Juice and Milk **1**

French Toast Sticks, Fruit Cups, Cheese Sticks and Milk **2**

Apple Muffins, Yogurt, Blueberries and Milk **3**

Pop Tarts, Cheese Sticks, Peaches, Juice and Milk **4**

Yogurt, Blueberries, Scooby Grahams and Milk **7**

Variety of Cereal, Cheese Stick, Juice and Milk **8**

Pancakes, Fruit Cup, Go-Gurt, and Milk **9**

Banana Bread, Fruit Cup, Juice and Milk **10**

Cinnamon Sugar Doughnuts, Cheese Stick, Yogurt and Milk **11**

Coco Puff Bars, Yogurt, Juice and Milk **14**

Variety of Cereal, Applesauce, Cheese Stick and Milk **15**

Waffles, Go-Gurt, Fruit Cups and Milk **16**

Bagel w/Strawberry Cream Cheese, Fruit Cup, Juice and Milk **17**

Chocolate Muffin, Cheese Sticks, Yogurt and Milk **18**

Variety of Cereal, Fruit Cup and Milk **21**

Breakfast Dogs, Cooks Choice with Fruit, Juice and Milk **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **28**

NO SCHOOL **29**

NO SCHOOL **30**

NO SCHOOL **31**

