



# PCS Head Start Breakfast

## December 2017

**Breakfast: 1 Fruit + a minimum of 2 other components**

**27**  
Frosted Flakes Cereal  
Whole Grain Toast

*side items*  
Banana, Diced Pears

**28**  
Cheesy Scrambled Eggs & Bacon  
Whole Grain Toast

*side items*  
Whole Orange, Mixed Fruit

**29**  
Triple Berry French Toast Minis

*side items*  
Whole Apple, Raisins

**30**  
Breakfast Pizza

*side items*  
Whole Orange, MangoPeach Applesauce Cup

**1**  
Cocoa Puffs Cereal  
Whole Grain Toast

*side items*  
Whole Apples, Diced Peaches

**4**  
Triple Berry French Toast Minis

*side items*  
Banana, Diced Pears

**5**  
Turkey Pancake Wrap

*side items*  
Whole Orange, Mixed Fruit

**6**  
Egg & Cheese Omelet

*side items*  
Whole Apple, Raisins

**7**  
Trix Cereal  
Whole Grain Toast

*side items*  
Whole Orange, Applesauce Cup

**8**  
Breakfast Pizza

*side items*  
Whole Apples, Diced Peaches

**11**  
Triple Berry French Toast Minis

*side items*  
Banana, Diced Pears

**12**  
Glazed Cinnamon Roll

*side items*  
Whole Orange, Mixed Fruit

**13**  
Egg & Cheese English Muffin

*side items*  
Whole Apple, Raisins

**14**  
Pancakes, Syrup

*side items*  
Whole Orange, Cinn Applesauce Cup

**15**  
Blueberry Muffin

*side items*  
Whole Apples, Diced Peaches

**18**  
Apple Frudel

*side items*  
Banana, Diced Pears

**19**  
Turkey Pancake Wrap

*side items*  
Whole Orange, Mixed Fruit

**20**  
Breakfast Pizza

*side items*  
Whole Apple, Raisins

**21**

**22**

**HOLIDAY BREAK**  
Dec 21<sup>st</sup> – Jan 2<sup>nd</sup>

*side items*

**25**

**26**

**27**

**28**

**29**

*side items*



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