



Pender Early College HS Breakfast

December 2017

Breakfast: 1 Fruit + a minimum of 2 other components

27
Chicken Biscuit
 Sausage & Cheese English Muffin
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Banana, Diced Pears
 Orange Juice

28
Cheesy Scrambled Eggs & Bacon
 Sausage, Egg & Cheese SDW
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Mixed Fruit
 Apple Juice

29
Triple Berry French Toast Minis
 Egg & Cheese Bagel
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Apple, Raisins
 Orange Juice

30
Breakfast Pizza
 Sausage, Egg & Cheese Burrito
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, MangoPeach
 Applesauce Cup
 Fruit Juice

1
Country Biscuit & Gravy
 Ham & Cheese Bagel
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Apples, Diced Peaches
 Grape Juice

4 Fuel
Triple Berry French Toast Minis
 Sausage & Cheese English Muffin
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Banana, Diced Pears
 Orange Juice

5 Fuel
Turkey Pancake Wrap
 Chicken & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast

fuel
 Whole Orange, Mixed Fruit
 Apple Juice

6 Fuel
Egg & Cheese Omelet, Hashbrown
 Egg, Ham & Cheese Flatbread
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

fuel
 Whole Apple, Raisins
 Orange Juice

7 Fuel
Sausage & Cheese Quesadilla
 Chicken Biscuit
 Cereals, Poptarts, Yogurt, Toast

fuel
 Whole Orange, Applesauce Cup
 Fruit Juice

8 Fuel
Breakfast Pizza
 Egg & Ham Biscuit
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

fuel
 Whole Apples, Diced Peaches
 Grape Juice

11
Triple Berry French Toast Minis
 Sausage & Cheese Bagel
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Banana, Diced Pears
 Orange Juice

12
Glazed Cinnamon Roll
 Bacon, Egg & Cheese Flatbread
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Mixed Fruit
 Apple Juice

13
Cheesy Ham, Egg, Potato Taco
 Egg & Cheese English Muffin
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Apple, Raisins
 Orange Juice

14
Pancakes, Syrup
 Sausage, Egg & Cheese SDW
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Cinn Applesauce
 Cup
 Fruit Juice

15
Blueberry Muffin
 Sausage & Cheese English Muffin
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Apples, Diced Peaches
 Grape Juice

18

side items

19

side items

20

side items

21

side items

22

side items

Holiday Break
Dec 18 - Jan 1

25

26

27

28

29

side items



Visit us online at pender.schoolish.com

*** Specialty Donuts:

Monday: Vanilla Glazed, Maple Glazed Bacon, Pumpkin Spiced Cinnamon Toast Crunch

Wednesday: Vanilla Glazed, Choc Cocoa Puff Glazed

Friday: Vanilla Glazed, Maple Bacon Glazed, Chocolate Glazed



Dutch Waffles

Dec 4th-6th

