

December 2017

TENNESSEE SCHOOL FOR THE DEAF

BREAKFAST



OFFERED DAILY: WHOLE GRAIN ITEMS
ASSORT. DRY CEREAL / GRANOLA BARS /
BLUEBERRY MUFFIN OR POP TART
MILK: 1 %, SKIM, CHOC, STRAWBERRY



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

**MEALS SUBJECT
TO CHANGE**

Wednesday



Thursday

Friday

SCR EGGS OR YOGURT **4**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **5**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

WAFFLES W/SYRUP **6**
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **7**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

GRAVY BISCUIT **1**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

CHICKEN BISCUIT **8**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGG PATTY OR YOGURT **11**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **12**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

PANCAKES W/SYRUP **13**
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **14**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

GRAVY BISCUIT **15**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGGS OR YOGURT **18**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **19**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

FRENCH TOAST STICKS **20**
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **21**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

IN-SERVICE DAY **22**

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK