

December 2021

HS GRAB & GO CHOICES
Cereal
Cereal Bar
Fruit
Yogurt
Milk

Juice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Breakfast Taco</u> Chicken Alfrredo Garlic Bread Broccoli Pears	2 <u>Biscuit/Sausage</u> Walking Taco Salsa, Refried Beans Pineapple	3 Biscuits/Gravy Corn dog Nuggets Mac and Cheese Carrots Mixed Fruit Cookie	4
5	6 NO SCHOOL	7 French toast Hot Turkey Sub Chips Peas Pineapple	8 <u>Muffin/Oatmeal</u> Pizza Corn Peaches Pudding	9 Eggs/Toast Chili Cheese Crackers Carrots/Dip Cinnamon Rolls Applesauce	10 <u>Biscuits/Gravy</u> Chicken Strips Cheesy Potatoes Broccoli Peaches	11
12	NO SCHOOL	14 <u>Pancake Sticks</u> Sloppy Joe Fries Green Beans Applesauce	15 <u>Breakfast Pizza</u> Toasted Ravioli Bread Stick Marinara Sauce Corn Oranges	16 <u>Sausage Egg Biscuit</u> Baked Ham Potatoes Carrots Hot rolls Cookie Fruit	17 <u>Biscuits/Gravy</u> Chicken Patty Chips Broccoli/Dip Mixed Fruit	18
19	20 <u>Bagels</u> Corn Dogs Carrots Potatoe Wedges Pears	21 <u>Waffles</u> Cheese Burger Chips Pickles Peaches Green Beans	NO SCHOOL	NO SCHOOL	NO SCHOOL	25
26	NO SCHOOL	NO SCHOOL	NO SCHOOL	30 NO SCHOOL	NO SCHOOL	

[&]quot;This institution is an equal opportunity provider." On June 2, 2015 the Office of the Assistant Secretary for Civil Rights' Policy staff, released Departmental Regulation (DR) 4300-003, Equal Opportunity Public Notification Policy. The DR updates the nondiscrimination Statement and the "And Justice for All" poster. Provided is a link to the DR - http://dese.mo.gov/sites/default/files/DR-EquallOpportunity.pdf. Please note, the USDA Nondiscrimination Statement provided above is appropriate for all Child Nutrition Programs