



**AMHERST PUBLIC SCHOOLS ELEMENTARY
DECEMBER BREAKFAST MENU**

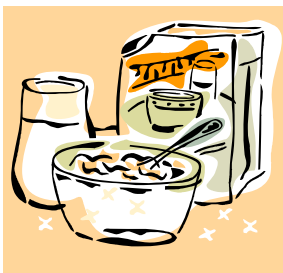



BREAKFAST PRICE
 TYPE A BREAKFAST .50
 TYPE A REDUCED .30
 MILK .40
 ADULT \$1.00

AVAILABLE DAILY:

ASSORTED CEREAL:
 SERVED WITH GRAHAM
 CRACKER
 CHOICE OF MILK SERVED
 WITH EVERY BREAKFAST:
 LOWFAT MILK
 SKIM MILK
 LOWFAT FLAVORED MILK
 CHOICE OF 100% JUICE

FOOD SERVICE OFFICE:
 (413) 362-1839
 MENU SUBJECT TO CHANGE.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 REDUCED SUGAR CEREAL ELF GRAHAMS FRESH FRUIT LOWFAT MILK	2 FRENCH TOAST WARM SYRUP PINEAPPLE TIDBITS 100% ASSORTED JUICE	3 REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK	4 HAM, EGG AND CHEESE SANDWICH 100% ASSORTED JUICE	5 KIX CEREAL GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK
8 APPLE TURNOVER GRAHAM CRACKERS (2) 100 % FRUIT JUICE LOWFAT MILK	9 PANCAKES WARM SYRUP HAM SLICE 100% ASSORTED JUICE	10 CEREAL BAR GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK	11 HAM, EGG AND CHEESE SANDWICH 100% ASSORTED JUICE	12 ENRICHED MUFFIN GRAHAM CRACKERS (2) FRESH APPLE LOWFAT MILK 
 15 REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK	16 WAFFLES W/ WARM SYRUP HAM SLICE CINNAMON APPLE SLICES 100% ASSORTED JUICE	17 APPLE TURNOVER GRAHAM CRACKERS (2) 100 % FRUIT JUICE LOWFAT MILK	18 HAM, EGG AND CHEESE SANDWICH 100% ASSORTED JUICE	19 CEREAL BAR GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK
22 Happy Hanukkah REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK	23 PANCAKES WARM SYRUP HAM SLICE 100% ASSORTED JUICE	24 	25 <i>Merry Christmas</i>	26 <i>Happy Kwanzaa</i>
29	30	31		

