



Fox Valley Lutheran High School

Breakfast Menu



December
2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>2</p> <p>Iced Cinnamon Roll</p> <p>OR</p> <p>Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>5</p> <p>Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>6</p> <p>Chocolate Chip Banana Bread OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>7 PEARL HARBOR DAY</p> <p>Cheese and Sausage Biscuit OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>8</p> <p>Cheese Omelet with Toast OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>9 NATIONAL PASTRY DAY</p> <p>Iced Cinnamon Roll</p> <p>OR</p> <p>Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>12</p> <p>Egg and Bacon Breakfast Pizza OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>13</p> <p>Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>14</p> <p>Egg Muffin Sandwich</p> <p>OR</p> <p>Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>15</p> <p>Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>16</p> <p>Iced Cinnamon Roll</p> <p>OR</p> <p>Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>19</p> <p>Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>20</p> <p>Chocolate Chip Banana Bread OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>21</p> <p>Cheese and Sausage Biscuit OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>22 FIRST DAY OF WINTER</p> <p>Cheese Omelet with Toast OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>No School</p>
<p>26</p> <p>Happy Holidays</p>				
				<p>30</p> <p>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</p>



Power Up with Breakfast
Breakfast gives you energy to GROW, GO and GLOW!

No time to eat at home?
Join us for breakfast at school.

The pear is frequently raised by sowing the pips (seeds) of ordinary cultivated or of wild kinds, forming what are known as free or pear stocks. Both quince and clonally-produced pear rootstocks are also used for Pyrus communis orchards. For new varieties the flowers can be cross-bred to preserve or combine desirable traits. The fruit of the pear is produced on spurs, which appear on shoots more than one year old.

BREAKFAST PRICES

Student	\$1.75
Reduced	\$0.30
Adult	\$2.00
Additional Milk	\$0.35
Breakfast Sandwich	\$1.50

To check the balance in your account or for additional information, contact:
Rae Deadman, FSD
920-560-5180
rdeadman@fvlhs.org

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Milk Choice of 1%, Skim and 1% Chocolate is included with Breakfast

Menus are subject to change without notice.