CONEJO VALLEY UNIFIED SCHOOL DISTRICT

December K-12 Grab & Go Breakfast

Monday	Tuesday	Wednesday	Thursday	l
			1 Whole Grain Breakfast Bar ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @	2 Oatmed Se
5 Whole Grain Cinnamon Bagel ^+ Cream Cheese @ Fruit Juice Seasonal Fresh Fruit Milk@	6 Assorted Whole Grain Cereal String Cheese @ Fruit Juice Applesauce Milk @	7 Apple Breakfast Bites %@\$^+ Seasonal Fresh Fruit Fruit Juice Milk @	8 Whole Grain Muffin +^\$%@ Fruit Juice Seasonal Fresh Fruit Milk @	8 Vanilla Se
12 Assorted Whole Grain Cereal String Cheese @ Fruit Juice Seasonal Fresh Fruit Milk @	13 Cinnis Minis ^+@ Fruit Juice Seasonal Fresh Fruit Milk @	14 Whole Grain Muffin Top ^+\$ Seasonal Fresh Fruit Fruit Juice Milk @	15 Whole Grain Breakfast Bar ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @	16 Oatmea Se

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

2022



neal Breakfast Bun ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @

Whole Grain illa Breakfast Square ^+% Fruit Juice Seasonal Fresh Fruit Milk @

neal Breakfast Bun ^+%\$@ Fruit Juice Seasonal Fresh Fruit Milk @



SERVED WITH CHOICM

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All Elementary schools are peanut free schools– PB&J will always be replaced by peanut free sandwich (Sun butter or Soy butter)

Peanuts!! Pork* Whey= Corn> Milk@ Eggs%

Beef# Soy\$ Wheat+ Gluten^ Fish~