



Eagle Ridge Academy Breakfast Menu

December
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	This is for Food 4 Thought		1 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	2 Yogurt Parfait with Fruit & Granola Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
5 Brekkie Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	6 Chocolate Chip Muffin Cheese Stick Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	7 Vanilla Frosted Long John Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	8 Breakfast Bowl Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	9 Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
12 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% MILK	13 Blueberry Loaf Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	14 Coffee Cake Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	15 Yogurt Parfait with Fruit & Granola Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% MILK	16 Breakfast Burrito Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28	29 No School	30 No School

PRICES

Students \$2.00
Adults \$2.25

EXTRA INFO

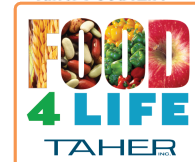
Milk Choice 1% and Chocolate Skim are included with meal.
If you have any questions contact Steve Meak
Email: smeak@eagleridgeacademy.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com