

Menu Name : Great Oaks Academy (School of Grammar k-5) Bagged w/ Cereal - Breakfast					
Grade Level / Age Group : K-5th Grades			Meal Pattern : NSLP		Meal: Breakfast
December- 2025					
Breakfast	Monday, December 01, 2025	Tuesday, December 02, 2025	Wednesday, December 03, 2025	Thursday, December 04, 2025	Friday, December 05, 2025
	No School - In Service Day	Blueberry Pomegranate Breakfast Bar	Banana Muffin	Apple Breakfast Bites	Chocolate cake Donut
		100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
		Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
		Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
Breakfast	Monday, December 08, 2025	Tuesday, December 09, 2025	Wednesday, December 10, 2025	Thursday, December 11, 2025	Friday, December 12, 2025
	Assorted Cereal Bowl	Sliced Bagel With Strawberry Cream Cheese	French Toast Breakfast Bar	Pumpkin Breaf Super Slice	Brekkie
	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
Breakfast	Monday, December 15, 2025	Tuesday, December 16, 2025	Wednesday, December 17, 2025	Thursday, December 18, 2025	Friday, December 19, 2025
	Assorted Cereal Bowl	Apple Muffin	Vanilla Waffle	Cinnamon Swirls	Donut Pull Aparts
	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
Breakfast	Monday, December 22, 2025	Tuesday, December 23, 2025	Wednesday, December 24, 2025	Thursday, December 25, 2025	Friday, December 26, 2025
	No School	No School	No School	No School	No School
	What is a healthy portion size of meat according to the USDA?		The USDA promotes portion control through the MyPlate guidelines, which recommend making half your plate fruits and vegetables.		
	Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.		It also emphasizes controlling portions at restaurants, reading food for serving sizes, and using measuring cups and serving utensils to ensure consistent and appropriate amounts.		