

Salem City School District

Monday	Tuesday	Wednesday	Thursday	Friday
	12/1/20	12/2/20	12/3/20	12/4/20
	Whole Grain Choc Donuts Yogurt Fruit Milk	Mini Cinnamon Roll Graham Crackers Cheese Stick Fruit Milk	Cherry Strudel Goldfish Fruit Milk	Cinnamon Toast Crunch Bar Yogurt Fruit Milk
	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/7/20	12/8/20	12/9/20	12/10/20	12/11/20
Strawberry Whole Grain Pop Tart Peach Cup Milk	Whole Grain Choc Donuts Yogurt Fruit Milk	Mini Cinnamon Roll Graham Crackers Cheese Stick Fruit Milk	Cherry Strudel Goldfish Fruit Milk	Cinnamon Toast Crunch Bar Yogurt Fruit Milk
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/14/20	12/15/20	12/16/20	12/17/20	12/18/20
Strawberry Whole Grain Pop Tart Peach Cup Milk	Whole Grain Choc Donuts Yogurt Fruit Milk	Mini Cinnamon Roll Graham Crackers Cheese Stick Fruit Milk	Cherry Strudel Goldfish Fruit Milk	Cinnamon Toast Crunch Bar Yogurt Fruit Milk
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/21/20	12/22/20	12/23/20	12/24/20	12/25/20
Strawberry Whole Grain Pop Tart Peach Cup Milk	Whole Grain Choc Donuts Yogurt Fruit Milk	Mini Cinnamon Roll Graham Crackers Cheese Stick Fruit Milk	Christmas Eve	Christmas Day
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/28/20	12/29/20	12/30/20	12/31/20	1/1/21
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)
and
Choice of Milk

Choice of Milk - 1% white, fat-free
white, chocolate, vanilla and
strawberry

You must take at least 1/2 cup of
fruit or vegetable

Fruit May Include:

Canned peaches, applesauce,
pears, pineapple, fruit cocktail,
mandarin oranges, 100% juice
(apple, orange), fresh fruit
selection including apples,
bananas and oranges
Fruit Juice

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Fruit Juice
Kix
Cheerios
Fruit Loops
Frosted Flakes

Pick up Breakfast and Lunch
7:30am until 8:30

Westside Court
Eastside Court
Harvest Point
Union Fire Co. Walnut Street



All Students are Free