



**HOLYOKE PUBLIC SCHOOLS
SECONDARY BIC
DECEMBER 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
12/5	12/6	12/7	12/8	12/9
Whole Grain Apple Frudel or Assorted Cereal Cinnamon Goldfish Cracker Craisins 100% Juice	Strawberry Toaster Pastry or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Maple Mini Waffles or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Sausage, Egg, and Cheese on Whole Grain English Muffin or Assorted Cereal Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Yogurt Cup or Assorted Cereal Graham Crackers Fresh Fruit 100% Juice
12/12	12/13	12/14	12/15	12/16
Whole Grain Apple Cinnamon Muffin or Assorted Cereal String Cheese Raisins 100% Juice	Cinnamon Toaster Pastry or Assorted Cereal Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Chocolate Chip French Toast or Assorted Cereal Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Tropical Breakfast Round or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Yogurt Cup or Assorted Cereal Graham Crackers Fresh Fruit 100% Juice
12/19	12/20	12/21	12/22	12/23
Whole Grain Banana Muffin or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Cinnamon Toast Crunch Cereal or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice	Mini Strawberry Bagels or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Whole Grain Cinnamon Roll or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice	Whole Wheat Bagel Cream Cheese Cup or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice
12/26	12/27	12/28	12/29	12/30
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	