
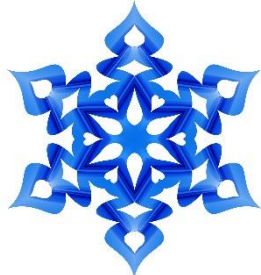


Alief Montessori Community School December 2023 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 Cheerios Fresh Fruit Orange juice 4oz Milk, 1% or Fat Free
Dec - 4 Strawberry Bagel Fresh Fruit Apple Juice 4oz Milk, 1% or Fat Free	Dec - 5 Mini Cinnamon Waffles Mixed Fruit Orange juice 4oz Milk, 1% or Fat Free Syrup	Dec - 6 Grilled Cheese Sandwich Peaches, sliced Apple juice 4oz Milk, 1% or Fat Free	Dec - 7 Sausage Biscuit Mixed Fruit cup Fruit Punch 4oz Milk, 1% or Fat Free	Dec - 8 Apple Cinnamon Cheerios Fresh Fruit Orange juice 4oz Milk, 1% or Fat Free
Dec - 11 Apple Filling Strudel Fresh Fruit Apple Juice 4oz Milk, 1% or Fat Free	Dec - 12 Mini French Toast Mixed Fruit Fruit Punch 4oz Milk, 1% or Fat Free Syrup	Dec - 13 Turkey Breakfast Pizza Strawberry Applesauce Apple Juice 4oz Milk, 1% or Fat Free	Dec - 14 Turkey breakfast wrap Mixed Fruit cup Fruit Punch 4oz Milk, 1% or Fat Free	Dec - 15 Cheerios Fresh Fruit Orange juice 4oz Milk, 1% or Fat Free
Dec - 18 Cinnamon Cream Cheese Bagel Fresh Fruit Apple Juice 4oz Milk, 1% or Fat Free	Dec - 19 Mini Pancakes Mixed Fruit cup Fruit Punch 4oz Milk, 1% or Fat Free Syrup	Dec - 20 Grilled Cheese Sandwich Applesauce Orange juice 4oz Milk, 1% or Fat Free	Dec - 21 Sausage Biscuit Peaches, sliced Apple Juice 4oz Milk, 1% or Fat Free	Dec - 22 Apple Cinnamon Cheerios Fresh Fruit Fruit Punch 4oz Milk, 1% or Fat Free
Dec - 25 Winter Break	Dec - 26 Winter Break	Dec - 27 Winter Break	Dec - 28 Winter Break	Dec - 29 Winter Break

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: (202) 690-7442; or Email: program.intake@usda.gov.