



MHS Breakfast Menu December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change without notice				
All meals will come with a daily selection of fruit cup & 4oz fruit juice.				
7 Banana Muffin 1% Milk	8 Cereal Bar 1% Milk	9 Raspberry Yogurt w/ Graham Crackers 1% Milk	10 Whole Grain Benefit Bar 1% Milk	11 Cereal Cup 1% Milk
14 Blueberry Muffin 1% Milk	15 Cereal Bar 1% Milk	16 Strawberry Yogurt w/ Graham Crackers 1% Milk	17 Whole Grain Benefit Bar 1% Milk	18 Cereal Cup 1% Milk
21 Apple Cinnamon Muffin 1% Milk	22 Cereal Bar 1% Milk	23 Vanilla Yogurt w/ Graham Crackers 1% Milk	24 NO SCHOOL	25 NO SCHOOL
28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	1 NO SCHOOL

WELCOME BACK!

All meals are at no-cost to you!

**Short on time?
Free Breakfast!**

**Forgot to pack?
Free Breakfast!**

**Picky eater?
Free Breakfast!**

Attention Parents....
No-Cost Meal Curbside Pickup is CHANGING!

Same location - DIFFERENT TIME!

Pick up is now Monday - Thursday from 4pm - 6pm only @ ARCOLA!

MEAL PRICES ARE AT NO COST!!

Did you know...?
Any student can get breakfast, on any school day!
Visit the cafeteria as soon as you come in & get something to fuel up for the day!

Complete meals...
consist of (4) items, with an entree, (2) fruit servings, and 8 oz. milk

For information on nutrition, applying for free or reduced meals, adding money to student accounts, next month's menus and more visit us online at:
www.methacton.org/aramark or scan this QR code!



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