

# THE MARKET MENU

December 2023

Lincoln Park  
Breakfast

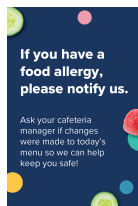
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*

**1**

- Breakfast
- Cinnamon Ultimate Breakfast Round
  - Bunny Graham Friends
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**4**

- Breakfast
- Golden Grahams
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**5**

- Breakfast
- Frosted Strawberry Pop-Tart
  - Low Fat Mozzarella String Cheese
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**6**

- Breakfast
- Whole Grain Blueberry Muffin
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**7**

- Breakfast
- Mini Confetti Pancakes
  - Low Fat Mozzarella String Cheese
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**8**

- Breakfast
- Apple Cinnamon Soft Oatmeal Round
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**11**

- Breakfast
- Apple Cinnamon Cheerios
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**12**

- Breakfast
- Cinnamon Cream Cheese Stuffed Bagel
  - Low Fat Mozzarella String Cheese
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**13**

- Breakfast
- Strawberry Nutrigrain Bar
  - Tiger Graham Crackers
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**14**

- Breakfast
- Mini Maple Madness Waffles
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**15**

- Breakfast
- Lucky Charms
  - Tiger Graham Crackers
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**18**

- Breakfast
- Apple Cinnamon Cheerios
  - Tiger Graham Crackers
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**19**

- Breakfast
- Frosted Strawberry Pop-Tart
  - Low Fat Mozzarella String Cheese
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**20**

- Breakfast
- Whole Grain Blueberry Muffin
  - Low Fat Mozzarella String Cheese
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**21**

- Breakfast
- Mini Confetti Pancakes
  - Strawberry Banana Bash Yogurt
  - Tropical Fruit Cocktail
  - Fresh Whole Fruit
  - 1% Low-fat Milk
  - Chocolate Low Fat Milk

**22**

**25**

**26**

**27**

**28**

**29**

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