



PRBLA Breakfast Menus for December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL Holiday/Christmas Parade	December 2 Entrée French toast Entrée Pop Tart Entrée Cereal Fruit Orange Juice Fruit Apple Low-fat or Fat Free Milk	December 3 Entrée Cinn Rolls Entrée Cereal Entrée Pop tart Fruit Grape Juice Fruit Mixed Fruit Low-fat or Fat Free Milk	December 4 Entrée Sausage Biscuit Entrée Cereal Entrée Pop tart Fruit Apple Juice Fruit Fresh Orange Low-fat or Fat Free Milk	December 5 Entrée Grits/Eggs/Toast Entrée Cereal Entrée Pop tart Fruit Orange Juice Fruit Whole Apple Low-fat or Fat Free Milk
December 8 Entrée Muffin Entrée Pop tart Fruit Apple Juice Fruit Fresh Mixed Fruit Low-fat or Fat Free Milk	December 9 Entrée Pancake/Sausage Entrée Cereal Entrée Pop tart Fruit Orange Juice Fruit Fresh Banana Low-fat or Fat Free Milk	December 10 Entrée Bacon/Egg/cheese Biscuit Entrée Cereal Entrée Pop tart Fruit Grape Juice Fruit Pineapple Tidbits Low-fat or Fat Free Milk	December 11 Entrée French Toast Entrée Pop tart Entrée Cereal Fruit Apple Juice Fruit Fresh Orange Low-fat or Fat Free Milk	December 12 Entrée Grits/Eggs/Toast Entrée Cereal Entrée Pop tart Fruit Orange Juice Fruit Whole Apple Low-fat or Fat Free Milk
December 15 Entrée Chicken Biscuit Entrée Cereal Entrée Pop tart Fruit Apple Juice Fruit Fresh Orange Low-fat or Fat Free Milk	December 16 Entrée French Toast Entrée Pop Tart Entrée Cereal Fruit Orange Juice Fruit Diced Peaches Low-fat or Fat Free Milk	December 17 Entrée Cinn Rolls Entrée Pop tart Entrée Cereal Fruit Apple Juice Fruit Fresh Orange Low-fat or Fat Free Milk	December 18 Entrée Sausage Biscuit Entrée Cereal Entrée Pop tart Fruit Grape Juice Fruit Mixed Fruit Low-fat or Fat Free Milk	December 19 NO SCHOOL Christmas Break
December 22 NO SCHOOL Christmas Break	December 23 NO SCHOOL Christmas Break	December 24 NO SCHOOL Christmas Break	December 25 NO SCHOOL Christmas Break	December 26 NO SCHOOL Christmas Break
December 29 NO SCHOOL Christmas Break	December 30 NO SCHOOL Christmas Break	December 31 NO SCHOOL Christmas Break	*Menu subject to change * Fruit and juice may vary	

Nutrition Byte

Power Your Day with Pulses!

What are pulses? Legumes are plants with seed pods that split along the side they are ripe. Pulses are the nutritionally dense, edible seeds that grow inside the seed pods of legumes.

Pulses are warm-weather crops that are usually planted in the spring or early summer. Pulses are harvested in the fall when their moisture content is low enough that they can be dried and stored.

Did you know that pulses can count as a vegetable or a protein depending on your eating pattern? As a vegetable sub-group, pulses, usually called dry beans and peas in the

United States, include kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, and mung beans. Green beans, green lima beans, and green (string) beans are not part of this sub-group because their nutrient content is more like other vegetables.

Pulses are nutritional powerhouses! A ½ cup serving has 100-170 calories. Pulses offer protein, iron, potassium, magnesium, folate, and fiber. They are cholesterol free and low in fat and sodium. Enjoy pulses, or beans and peas, today!

Nutrilink: Learn more at <https://bit.ly/3c30kws>.



PRBLA Lunch Menus for December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
December 1 NO SCHOOL Holiday/Christmas Parade	December 2 Entrée Chef Salad Garlic Bread Entrée PB&J Vegetable Lima Beans Vegetable Sweet Potato Fries Fruit Banana Fruit Tropical Fruit Low-fat or Fat Free Milk	December 3 Entrée Chicken Casserole Entrée PB&J Vegetable Sliced Carrots Vegetable Steamed Broccoli Fruit Fresh Oranges Fruit Pineapple Tidbits Low-fat or Fat Free Milk	December 4 Entrée Turkey Sandwich Entrée PB&J Sandwich Vegetable Side Salad Vegetable Sweet potatoes Fruit Fresh Apples Fruit Pear cups Low-fat or Fat Free Milk	December 5 Entrée Hotdog / Chili Entrée PB&J Vegetable Slaw Vegetable Baked beans Fruit Fresh Orange Fruit Tropical Fruit cups Low-Milk Or Fat Free M
December 8 Entrée Bake Chicken Entrée PB&J sandwich Vegetable Mashed Potatoes Vegetable Lima Beans Fruit Banana Fruit Diced Peach Cup Low-fat or Fat Free Milk	December 9 Entrée Beefy Nachos Entrée PB&J sandwich Vegetable Corn Vegetable Black Beans Fruit Pineapple Tidbits Fruit Orange Low-fat or Fat Free Milk	December 10 Entrée Cheese/ Pep Pizza Entrée PB&J Vegetable Baby Carrots Vegetable Green Beans Fruit Whole Apple Fruit Mixed Fruit Low-fat or Fat Free Milk	December 11 Entrée Vegetable Chicken Soup Entrée Grilled cheese sandwich Vegetable Steamed Broccoli Vegetable Sweet Potato Fry Fruit Tropical Fruits cup Fruit Fresh Banana Low-fat or Fat Free Milk	December 12 Entrée Corndog nuggets Entrée PB&J Sandwich Vegetable French fries Vegetable Sliced Carrots Fruit Apple Sauce Cup Fruit Peach cups Low-fat or Fat Free Milk
December 15 Entrée Hotdog / Chili Entrée PB&J Sandwich Vegetable Slaw Vegetable Baked beans Fruit Banana Fruit Pear Cups Low-fat or Fat Free Milk	December 16 Entrée Hamburger steak/ gravy/rice/roll Entrée PB&J sandwich Vegetable Lima Beans Vegetable Sweet Potato Fries Fruit Fresh Oranges Fruit Tropical Fruit Low-fat or Fat Free Milk	December 17 Entrée Chicken Casserole Entrée PB&J sandwich Vegetable Sliced Carrots Vegetable Steamed Broccoli Fruit Fresh Apple Fruit Pineapple Tidbits Low-fat or Fat Free Milk	December 18 Entrée Turkey Sandwich Entrée PB&J sandwich Vegetable Side Salad Vegetable Sweet potatoes Fruit Fresh Orange Fruit Sliced Peaches Low-fat or Fat Free Milk	December 19 NO SCHOOL Christmas Break
December 22 NO SCHOOL Christmas Break	December 23 NO SCHOOL Christmas Break	December 24 NO SCHOOL Christmas Break	December 25 NO SCHOOL Christmas Break	December 26 NO SCHOOL Christmas Break
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