

DECEMBER 2024

Maysville Public School Home of the WARRIORS

BREAKFAST



School Information: Kristy McGowen @405-867-5550 ext 236 or mcgowenk@maysville.k12.ok.us **This Institution Is An Equal Opportunity**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



MONDAY

Waffles w/syrup,
Sausage Links or
Cereal, Cereal Bars,
Fruit
Milk/Juice

2

TUESDAY

Biscuits and Gravy or
Cereal, Cereal Bars
Fruit
Milk
Juice

3

WEDNESDAY

French Toast w/syrup,
Bacon or Cereal, Cereal
Bars
Fruit
Milk/Juice

4

THURSDAY

Sausage, Cheese
Biscuits or Cereal,
Cereal Bars
Fruit
Milk/Juice

5

FRIDAY

Fruit Turnovers
w/ Cheese Stick or
Cereal, Cereal Bars
Fruit
Milk/Juice

6

Pancakes w/Ham Slice
Peanut Butter/Syrup or
Cereal, Cereal Bars
Fruit
Milk/Juice

9

Breakfast Burrito
Cereal, Cereal Bars,
Go-Yogurt
Fruit
Milk/Juice

10

Sandwich Toasters
Or Cereal, Cereal Bars
Go-Yogurt
Fruit
Milk/Juice

11

Bagel w/cream cheese
Cereal or Cereal Bars
Fruit
Milk
Juice

12

National Cocoa Day
Chocolate Muffins
w/Go-Yogurt
Cereal, Cereal Bars
Fruit/Milk/Juice

13

French Toast w/syrup
Sausage Links or
Cereal, Cereal Bars
Fruit
Milk/Juice

16

Breakfast Pizza
w/Parfait or Cereal,
Cereal Bars
Milk
Juice

17

Sausage Egg Cheese
Biscuits or Cereal,
Cereal Bars
Fruit
Milk/Juice

18

Muffins w/Cheese Stick
Cereal, Cereal Bars
Fruit
Milk
Juice

19

Tornados
w/Go-Yogurt
Cereal, Cereal Bars
Fruit
Milk/Juice

20

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

30

NO SCHOOL

31



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LUNCH



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Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

MONDAY

Chicken Spaghetti **2**
Rolls
Corn
Apples
Milk

TUESDAY

Beans **3**
Cornbread
Veggie
Fruit
Cake/Milk

WEDNESDAY

BBQ/Sloppy Joes **4**
Fries
Veggie
Fruit
Milk

THURSDAY

Tortellini Soup **5**
Veggie
Fruit
Sweet Treat
Milk

FRIDAY

Hot Ham & Cheese **6**
Sandwich/Chip
Veggie/Fruit
Sweet Treat
Milk

Walking Tacos **9**
Veggie
Fruit
Sweet Treat
Milk

Little Smokes **10**
Mac & Cheese
Veggie
Fruit
Milk

Chicken Fajita **11**
Veggie
Fruit
Sweet Treat
Milk

Smoked Sausage **12**
w/Green Beans &
Potatoes
Fruit/Sweet Treat
Milk

National Cocoa Day **13**
Turkey Sliders
Pickle
Chips/Fruit
Milk

Chicken Alfredo **16**
Rolls
Veggie
Fruit
Milk

Pizza Pocket/Pizza **17**
Sticks w/Ranch
Veggie
Fruit
Milk

Turkey Pot Pie **18**
Stuffing
Fruit
Sweet Treat
Milk

Nachos **19**
Veggie
Fruit
Sweet Treat
Milk

Corn Dogs **20**
Fries
Chips
Fruit
Milk

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **26**

NO SCHOL **27**

NO SCHOOL **30**

NO SCHOOL **31**

