

Have a
Great Day!

January 2018

Meal Includes:
Meat/Meal Alternate, Grains, Fruit and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>New Year's Day</p> <p>School Closed</p>	<p>2</p> <p>Blueberry scones, cheese sticks</p> <p>Scrambled eggs, toast, fresh cut fruit</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>3</p> <p>Turkey bacon, egg and cheese on a w/w croissant</p> <p>Pineapple and strawberry parfait, fruit granola</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>4</p> <p>Blueberry muffin, fruit yogurt</p> <p>Belgian waffles, mixed berries</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>5</p> <p>Peanut butter and jelly sandwich, banana</p> <p>Scrambled eggs with turkey bacon bits, w/w toast</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>
<p>8</p> <p>Oatmeal served with warm pancakes</p> <p>Breakfast burrito, bacon egg and cheese</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>9</p> <p>Ham egg and cheddar frittata, breakfast biscuit</p> <p>Cinnamon raisin bagels, fresh cut fruit, lite cream cheese</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>10</p> <p>Bacon, Egg & cheese on a Kaiser Roll</p> <p>Bran muffin, fresh fruit, cheese sticks</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>11</p> <p>Warm banana bread, cheddar cheese stick</p> <p>Hot Cream of Wheat, peach topping</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>12</p> <p>Cheese omelet, potato hash brown, Toast</p> <p>Turkey/ham and egg on w/w English muffin</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>
<p>15</p> <p>Dr. Martin Luther King, Jr. Day</p> <p>School Closed</p>	<p>16</p> <p>Warm apple muffin, sliced apples</p> <p>Scrambled egg w/Whole wheat Toast</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>17</p> <p>Turkey bacon egg and cheese w/w Kaiser roll</p> <p>Baked potato basket, egg and cheese & Toast</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>18</p> <p>Hot oatmeal, fresh fruit topping</p> <p>Grilled Cheese Sandwich on w/w bread, fresh fruit</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>19</p> <p>Cheesy Scrambled Egg w/Whole Wheat Bagel</p> <p>Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>
<p>22</p> <p>Blueberry muffin, cheese sticks, fresh fruit</p> <p>Scrambled eggs, w/w bagel, sausage patty</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>23</p> <p>Sausage, egg & cheese on w/w Kaiser roll</p> <p>Cinnamon raisin bagel, lite cream cheese, cupped fruit</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>24</p> <p>Pancake, maple syrup, cupped fruit</p> <p>Hardboiled egg w/w bagel, lite cream cheese</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>25</p> <p>Cream of Wheat w/Fresh-cut Fruit</p> <p>Belgian Waffles w/Mixed Berries</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>26</p> <p>Egg & Cheese in a Pita</p> <p>Berry Parfait w/Granola</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>
<p>29</p> <p>Bacon, Egg & Cheese on a Kaiser Roll</p> <p>Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>30</p> <p>Ham & Cheese Frittata w/ Whole Wheat Toast</p> <p>Yogurt Parfait w/Fruit & Granola</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>	<p>31</p> <p>Belgian waffles, mixed berries</p> <p>Scrambled Eggs</p> <p>Whole Wheat Bagel</p> <p>Fresh or Cupped Fruit Non-fat& 1 % Milk</p>		

Available at Every Breakfast

Grain: Bagels, English Muffins, Whole Wheat Bread,

Milk: Low-Fat White and Non-Fat Chocolate

Fruit: Fresh fruit & Cup Fruit

Water available at every meal

This institution is an equal opportunity provider.