



Elementary Breakfast Menus

Have a Great Day!

January 2019

	<p>1</p> <p>NO SCHOOL</p>	<p>2</p> <p>Mini Cinnamon Bagel Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Apple or Applesauce</p>	<p>3</p> <p>Blueberry Nutri-Grain Bar Assorted Cereal String Cheese Fruit Choices: Fresh Apple, Strawberry Cup 100% Fruit Juice Choice of Milk</p>	<p>4</p> <p>Cinnamon French Toast Bar Assorted Cereal String Cheese Fruit Choices: Fresh Apple or Peaches Choice of Milk</p>
<p>7</p> <p>Cocoa Puff Bar Assorted Cereal String Cheese Fruit Choices: Fresh Banana, Diced Pears Choice of Milk</p>	<p>8</p> <p>Cinnimini Assorted Cereal String Cheese Fruit Choices: Fruit Cocktail, Fresh Banana 100% Fruit Juice Choice of Milk</p>	<p>9</p> <p>Blueberry Waffles Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Applesauce, Fresh Banana Choice of Milk</p>	<p>10</p> <p>Bagel w/ Cream Cheese Assorted Cereal String Cheese Fruit Choices: Fresh Banana, Strawberry Cup, 100% Fruit Juice Choice of Milk</p>	<p>11</p> <p>Strawberry Nutri-Grain Bar Assorted Cereal String Cheese Fruit Choices: Diced Peaches, Fresh Banana Choice of Milk</p>
<p>14</p> <p>Cinnamon Pop-tart Assorted Cereal String Cheese Fruit Choices: Fresh Orange, Diced Pears Choice of Milk</p>	<p>15</p> <p>Blueberry Muffin Assorted Cereal String Cheese Fruit Choices: Fresh Orange, Mixed Fruit 100% Fruit Juice Choice of Milk</p>	<p>16</p> <p>Turkey Sausage Pancake Wrap Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Orange Applesauce Choice of Milk</p>	<p>17</p> <p>Bagel w/ Cream cheese Assorted Cereal String Cheese Fruit Choices: Fresh Orange, Strawberry Cup 100% Fruit Juice Choice of Milk</p>	<p>18</p> <p>Apple Frudel Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Orange Peaches Choice of Milk</p>
<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>Cinnimini Assorted Cereal String Cheese Fruit Choices: Fresh Apple, Mixed Fruit 100% Fruit Juice Choice of Milk</p>	<p>23</p> <p>Cheez-its Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Apple, Applesauce Choice of Milk</p>	<p>24</p> <p>Strawberry Pancakes Assorted Cereal String Cheese Fruit Choices: Fresh Apple, Strawberry Cup 100% Fruit Juice Choice of Milk</p>	<p>25</p> <p>Maple Waffles Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Apple, Peaches Choice of Milk</p>
<p>28</p> <p>Apple Cinnamon Nutri-Grain Bar Assorted Cereal String Cheese Fruit Choices: Fresh Banana, Diced Pears Choice of Milk</p>	<p>29</p> <p>Strawberry Bagel Assorted Cereal String Cheese Fruit Choices: Fresh Banana, Mixed Fruit 100% Fruit Juice Choice of Milk</p>	<p>30</p> <p>Cherry Frudel Assorted Cereal String Cheese Strawberry Banana Yogurt Fruit Choices: Fresh Banana or Applesauce Choice of Milk</p>	<p>31</p> <p>Bagel w/ Cream Cheese Assorted Cereal String Cheese Fruit Choices: Fresh Banana, Strawberry Cup, 100% Fruit Juice Choice of Milk</p>	

Did you know?

If your child receives free/reduced lunch they can receive free/reduced breakfast?

Encourage Your Child to eat Breakfast!

Take 3 of 4 Components: Protein, Bread/Grain, Fruit and Milk. You can take 2 Bread/Grain options and count it as two components towards your meal!

- Assorted Cereal:** Apple Jacks, Cheerios, Cocoa Puffs, Lucky Charms, & Trix
- *Daily Fruit:** Fresh Apple, Fresh Orange, Fresh Banana
- **Milk Choice:** Skim Chocolate, 1% White Milk, Skim Vanilla, Skim & Lactose Milk

Consuming raw or undercooked food may cause foodborne illness