

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1-NEW YEARS JANUARY 2-TWD JANUARY 3-PD JANUARY 4-PD					
WEEK OF 7 th – 11 th Cycle 2	French Toast w/Sausage Links Fruit Assorted Juice Milk	Cereal w/Yogurt* or Cheese String Fruit Assorted Juice Milk *Supplemental Bid*	Cheese Quesadilla Sausage Patty Fruit Assorted Juice Milk	Biscuit w/Colby Cheese Omelet Fruit Assorted Juice Milk	Breakfast Bagel OR Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 14 th – 18 th Cycle 3	Mini Waffles or Pancakes w/Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni-Minis w/Yogurt or Shiver Shock Smoothie w/Cereal Bar Fruit Assorted Juice Milk	Biscuit w/Chicken Patty Fruit Assorted Juice Milk	Pop Tart & Yogurt OR Cereal & Yogurt Fruit Assorted Juice Milk
WEEK OF 21 ST – 25 th Cycle 4		Breakfast Sandwich or Cereal w/yogurt Fruit Assorted Juice Milk	Assorted Muffins OR Doughnuts w/Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Sausage & Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Fruit Assorted Juice Milk
WEEK OF 28 TH -31 ST Cycle 5	Breakfast Pizza OR Cereal w/Yogurt* Fruit Assorted Juice Milk *Supplemental Bid*	Cinnamon Roll Sausage Fruit Assorted Juice Milk	Chicken Patty w/Biscuit Fruit Assorted Juice Milk	Breakfast Bagel Fruit Assorted Juice Milk	

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JANUARY

MENUS ARE SUBJECT TO CHANGE
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN
FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE
SERVED DAILY

Fun Fact:

The basic formula for breakfast:
Pair carbs with proteins. The carbs
give your body energy to get
started and your brain the fuel it
needs to take on the day. Protein
gives you staying power and helps
you feel full until your next meal.