


	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 3	Pancakes w/Sausage Patty Fruit Assorted Juice Milk	Ham, Egg and Cheese Croissant Fruit Assorted Juice Milk	Cinni Minis w/Yogurt or Shiver Shock Smoothie w/Cereal Bar Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Pop Tart & Yogurt Assorted Juice Milk
WEEK OF 14 th -18 th Cycle 4	Breakfast Sandwich Fruit Assorted Juice Milk	Bagel w/Cream Cheese Fruit Assorted Juice Milk	Cereal w/Cheese String Fruit Assorted Juice Milk	Grits Scrambled Eggs Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Fruit Assorted Juice Milk
WEEK OF 21 st -25 th Cycle 5 JANUARY 21—MLK HOLIDAY	Martin Luther King Holiday	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Breakfast Bagel Fruit Assorted Juice Milk	Breakfast Sandwich Fruit Assorted Juice Milk
WEEK OF 28 TH -31 ST Cycle 1	Sausage Egg and Cheese Biscuit Fruit Assorted Juice Milk	Croissant w/Egg & Cheese Fruit Assorted Juice Milk	Cereal (Bar) w/Cheese String Fruit Assorted Juice Milk	Pancakes Sausage Link 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.