

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1-NEW YEARS JANUARY 2-TWD JANUARY 3-PD JANUARY 4-PD		Grits Cheese Quesadilla or Cheese Toast Fruit Assorted Juice Milk	Oatmeal w/Yogurt or Cereal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Egg Square Sausage Patty Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 7 th -11 th Cycle 3	Breakfast Sandwich Or Cereal w/Yogurt Fruit Assorted Juice Milk	Breakfast Wrap Or Bagel w/Cream Cheese Fruit Assorted Juice Milk	Muffin or Doughnut w/Cheese String or Cereal w/Cheese String	Grits Sausage Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Fruit Assorted Juice
WEEK OF 14 th -18 th Cycle 4	Pancakes w/Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni Minis w/Yogurt Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	PopTart & Yogurt Fruit Assorted Juice Milk
WEEK OF 21 st - 25 th Cycle 5 JANUARY 21—MLK HOLIDAY	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Cheese String Fruit Assorted Juice Milk	Breakfast Sandwich Fruit Assorted Juice Milk
WEEK OF 28 th -31 st Cycle 1	Cheese Toast or Biscuit w/Sausage Patty Fruit Assorted Juice Milk	Croissant w/Ham & Cheese Fruit Assorted Juice Milk	Cereal (Bar) w/Cheese String or Yogurt Fruit Assorted Juice Milk	Pancakes Sausage Link Fruit Assorted Juice Milk	

MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

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.