


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 1-NEW YEARS JANUARY 2-TWD JANUARY 3-PD JANUARY 4-PD		Ham & Cheese Croissant Fruit Assorted Juice Milk	Cereal Bar w/Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes or Waffles w/Sausage Fruit Assorted Juice Milk	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 7 th -11 th Cycle 2	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 14 th -18 th Cycle 3	French Toast Sticks w/Sausage Links Fruit Assorted Juice Milk	Grits w/Cheese Quesadilla Fruit Assorted Juice Milk	Cereal w/Yogurt Fruit Assorted Juice Milk	Sausage Biscuit Egg Scramble Fruit Assorted Juice Milk	Breakfast Bagel Fruit Assorted Juice Milk
WEEK OF 21 st -25 th Cycle 4	Breakfast Sandwich or Cereal w/yogurt Fruit Assorted Juice Milk	Breakfast Wrap OR WG Bagel w/Cream Cheese Fruit Assorted Juice Milk	Assorted Muffins OR Doughnuts Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Grits w/Sausage & Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Berry Fruit Salad Yogurt Assorted Juice Milk
WEEK OF 28 th -31 ST Cycle 5	Breakfast Pizza OR Cereal w/Yogurt Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cereal w/Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes w/Sausage 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.