


# January 2018

## Breakfast for AS9thGA, ASHS, SCMS

Monday	Tuesday	Wednesday	Thursday	Friday
		3 <i>Powdered Doughnuts Or Cereal and Poptart Fresh Fruit</i>	4 <i>Nutri Grain Bar Or Cereal and Poptart Fresh Fruit</i>	5 <i>Pancake Pup Or Cereal and Poptart Fresh Fruit</i>
8 <i>Sausage Biscuit Or Cereal and Poptart Fresh Fruit</i>	9 <i>Powdered Doughnuts Or Cereal and Poptart Fresh Fruit</i>	10 <i>Banana Loaf Or Cereal and Poptart Fresh Fruit</i>	11 <i>Ham Biscuit Or Cereal and Poptart Fresh Fruit</i>	12 <i>Blueberry Muffin Or Cereal and Poptart Fresh Fruit</i>
15 <i>Dr. Martin Luther King School Holiday</i>	16 <i>Blueberry Muffins Or Cereal and Poptart Fresh Fruit</i>	17 <i>Powdered Doughnuts Fresh Fruit Choice Chilled Fruit Juice Or Cereal and Poptart</i>	18 <i>Pancake Pup Or Cereal and Poptart Fresh Fruit</i>	19 <i>Fruit Muffin w/Sausage Or Cereal and Poptart Fresh Fruit</i>
22 <i>Apple Cinnamon Muffin Or Cereal and Poptart Fresh Fruit</i>	23 <i>Powdered Doughnuts Or Cereal and Poptart Fresh Fruit</i>	24 <i>Pancake Pup Or Cereal and Poptart Fresh Fruit</i>	25 <i>Super Donut Cheese Stick Or Cereal and Poptart Fresh Fruit</i>	26 <i>Cereal Bar or Cereal and Poptart Fresh Fruit</i>
29 <i>Breakfast Pizza Or Cereal and Poptart Fresh Fruit</i>	30 <i>Sausage Biscuit Or Cereal and Poptart Fresh Fruit</i>	31 <i>Nutri Grain Bar Or Cereal and Poptart Fresh Fruit</i>	<p><b><u>Special Notice to Adults:</u></b> The following applies to all menu items:</p> <ol style="list-style-type: none"> <li>1. <b>0 Trans fats</b></li> <li>2. <b>Low Sodium</b></li> <li>3. <b>Reduced Sugar</b></li> <li>4. <b>100% Whole Grain Rich</b></li> </ol> <p><small>Detailed nutrient information can be seen at SNP Central Office by contacting Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</small></p>	 <p>Choice Of Chilled Milk Served with</p>