

January 2017

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

BREAKFAST



School Information: Breakfast Price: \$1.25

Menu Subject to Change

"USDA is an equal opportunity provider and employer."



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

2

New Year's Day Observed
No School

Tuesday

3

Assorted Fruit
Froot Loops Cereal
WW Toast w/Sunbutter
Yogurt/Juice
Choc. Or White Milk

Wednesday

4

Assorted Fruit
Frosted Flakes Cereal
Corn Muffin
Yogurt/Juice
Choc. Or White Milk

Thursday

5

Assorted Fruit
Luck Charms Cereal
Waffle w/Syrup
Yogurt/Juice
Choc. Or White Milk

Friday

6

Assorted Fruit
Assorted Cereal
Banana Muffin
Yogurt/Juice
Choc. Or White Milk

9

Assorted Fruit
Frosted Mini Wheats Cereal
Pancakes w/Syrup
Yogurt/Juice
Choc. Or White Milk

10

Assorted Fruit
Kix Cereal
Chocolate Chip Muffin
Yogurt/Juice
Choc. Or White Milk

11

Assorted Fruit
Bagel w/Cream Cheese
Frosted Flakes Cereal
Yogurt/Juice
Choc. Or White Milk

12

Assorted Fruit
Cocoa Puffs Cereal
WW Toast w/Jelly
Yogurt/Juice
Choc. Or White Milk

13

Assorted Fruit
Cereal Basket
Assorted Muffins
Yogurt/Juice
Choc. Or White Milk

16

Martin Luther King Day
No School

17

Assorted Fruit
Rice Krispies Cereal
Corn Muffin
Yogurt/Juice
Choc. Or White Milk

18

Assorted Fruit
Corn Flakes Cereal
WW Toast w/Jelly or Butter
Yogurt/Juice
Choc. Or White Milk

19

Assorted Fruit
Cocoa Krispies Cereal
Apple Cinnamon Muffin
Yogurt/Juice
Choc. Or White Milk

20

Assorted Fruit
Cinnamon Toast Crunch
Waffle w/Syrup
Yogurt/Juice
Choc. Or White Milk

23

Assorted Fruit
Kix Cereal
WW Toast w/Jelly or
Sunbutter
Yogurt/Juice
Choc. Or White Milk

24

Assorted Fruit
Cheerios Cereal
Chocolate Chip Muffin
Yogurt/Juice
Choc. Or White Milk

25

Assorted Fruit
Cocoa Krispies Cereal
Pancakes w/Syrup
Yogurt/Juice
Choc. Or White Milk

26

Assorted Fruit
Frosted Mini Wheats Cereal
Assorted Muffins
Yogurt/Juice
Choc. Or White Milk

27

Assorted Fruit
Froot Loops Cereal
WW Toast w/Sunbutter
Yogurt/Juice
Choc. Or White Milk

30

Assorted Fruit
Frosted Flakes Cereal
WW Toast w/Sunbutter
Yogurt/Juice
Choc. Or White Milk

31

Assorted Fruit
Lucky Charms Cereal
Blueberry Muffin
Yogurt/Juice
Choc. Or White Milk

