

Breakfast K-12

JANUARY 2025

| MON | TUE | WED | THU | FRI |
|--|---|--|---|--|
| | | 1 | 2 | 3 |
| 6 Banana Muffin Raisins & Applesauce | 7 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple | 8 Multi-Grain Frosted Flakes w/ Graham Crackers or Honey Cinnamon Butter Biscuit Diced Peaches & 100% Grape Juice | 9 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & 100% Orange Juice | 10 Cinnamon Crisp Bar Raisins & 100% Grape Juice |
| 13 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice | 14 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Fresh Apple & Diced Pineapple | 15 Honey Cheerios w/ Graham Crackers or NEW! Dutch Waffles w/ Syrup Diced Peaches & 100% Grape Juice | 16 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice | 17 Trix Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice |
| 20 | 21 Strawberry Yogurt w/ Graham Crackers (V) or Cheesy Biscuit Melt Fresh Apple & Diced Pineapple | 22 Cinnamon Raisin Bagel w/ Butter or Apple Frudel Diced Peaches & 100% Grape Juice | 23 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Fresh Apple & 100% range Juice | 24 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice |
| 27 Cinnamon Crisp Bar Raisins & 100% Grape Juice | 28 Strawberry Yogurt w/ Graham Crackers (V) or Turkey Sausage Breakfast Pizza Fresh Apple & Diced Pineapple | 29 Trix Cereal w/ Graham Crackers or Cinnamon Bun Diced Peaches & 100% Grape Juice | 30 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & 100% Orange Juice | 31 Blueberry Muffin Fresh Orange & 100% Very Berry Juice |

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are lowfat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally grown component planned daily.

Menus subject to change.

Vegetarian Meal Options are indicated with a "V"

