



Breakfast



January

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
GRAIN			Muffin	Waffle	Cereal
MEAT/ MA			Yogurt	String Cheese	Yogurt
FRUIT	No School	No School	Fruit	Fruit	Fruit Cup
VEGETABLE			Celery Sticks	Carrot Sticks	Cucumber Slices
	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
GRAIN	Banana Bread	Bagel	Muffin	Waffle	Cereal
MEAT/ MA	Yogurt	Cream Cheese	Yogurt	String Cheese	Yogurt
FRUIT	Apple	Orange	Fruit	Fruit	Fruit Cup
VEGETABLE	Carrot Sticks	Carrot Sticks	Celery Sticks	Carrot Sticks	Cucumber Slices
	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
GRAIN		Bagel	Muffin	Waffle	Cereal
MEAT/ MA		Cream Cheese	Yogurt	String Cheese	Yogurt
FRUIT	No School	Orange	Fruit	Fruit	Fruit Cup
VEGETABLE		Carrot Sticks	Celery Sticks	Carrot Sticks	Cucumber Slices
	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
GRAIN	Banana Bread	Bagel	Muffin	Waffle	Cereal
MEAT/ MA	Yogurt	Cream Cheese	Yogurt	String Cheese	Yogurt
FRUIT	Apple	Orange	Fruit	Fruit	Fruit Cup
VEGETABLE	Carrot Sticks	Carrot Sticks	Celery Sticks	Carrot Sticks	Cucumber Slices
	MONDAY 29	TUESDAY 30	WEDNESDAY 31		
GRAIN	Banana Bread	Bagel	Muffin		
MEAT/ MA	Yogurt	Cream Cheese	Yogurt		
FRUIT	Apple	Orange	Fruit		
VEGETABLE	Carrot Sticks	Carrot Sticks	Celery Sticks		

Available daily at breakfast: 1% and Skim Milk
This Institution is an equal opportunity Provider