

January Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Diced Peaches 1/2 cup F Milk1% @ 8oz	4 Muffin Top ^+\$ 3 oz G Banana 1/2 cup F Milk1% @ 8oz	5 Pillsbury Cinnis ^+@ 2.2 oz G Apple Slices 1/2 cup F Milk1% @ 8oz	6 Oat Breakfast Bun ^+\$\$%@ 2.6 oz G Fruit Cocktail 1/2 cup F Milk1% @ 8oz
9 Bagel ^+2.2 oz G Cream Cheese @ .5oz M Applesauce 1/2 cup F Milk1% @ 8oz	10 Apple Cinnamon Mini Muffin ^+\$ 1.9 oz G Apple 1/2 cup F Milk1% @ 8oz	11 Breakfast Apple Bar ^+\$\$% 2oz G Banana 1/2 cup F Milk1% @ 8oz	12 Cocoa K Bar -\$@ 1.9oz G Diced Peaches 1/2 cup F Milk1% @ 8oz	13 Whole Wheat Vanilla Breakfast Square ^+% 2.oz G Pineapple Tidbits 1/2 cup F Milk1% @ 8oz
16 NO SCHOOL	17 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Diced Peaches 1/2 cup F Milk1% @ 8oz	18 Muffin Top^+\$ 1.9oz G Banana 1/2 cup F Milk1% @ 8oz	19 Pillsbury Cinnis ^+@ 2.2 oz G Apple Slices 1/2 cup F Milk1% @ 8oz	20 Oat Breakfast Bun @\$^+% 2.oz G Pineapple Tidbits 1/2 cup F Milk1% @ 8oz
23 Bagel ^+2.2 oz G Cream Cheese @ .5oz M Applesauce 1/2 cup F Milk1% @ 8oz	24 Apple Cinnamon Mini Muffin ^+\$ 1.9 oz G Apple 1/2 cup F Milk1% @ 8oz	25 Breakfast Apple Bar ^+\$\$% 2oz G Banana 1/2 cup F Milk1% @ 8oz	26 Cocoa K Bar -\$@ 1.9oz G Diced Peaches 1/2 cup F Milk1% @ 8oz	27 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Fruit Cocktail 1/2 cup F Milk1% @ 8oz
30 Ch Chip Breakfast Bar 2.5 oz G Tangerine 1/2 cup F Milk1% @ 8oz	31 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Diced Peaches 1/2 cup F Milk1% @ 8oz			

SERVED WITH

1% MILK

ALL GRAINS ARE WHOLE
GRAIN RICH

Peanuts!!
 Pork* Beef#
 Whey= Soy\$
 Corn> Wheat+
 Milk@ Gluten^
 Eggs% Fish~