

MIDDLE/HIGH SCHOOL BREAKFAST MENU - JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		4-Jan		5-Jan
<u>Choice of Milk</u> 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS - Reduced Sodium			WG Cinnamon Cooked French Toast Orange Maple Flavored Syrup 100% Juice Choice of Milk	WG Reduced Sugar Cocoa Puff Choice of Yogurt Pear 100% Juice Choice of Milk
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
WG Buttermilk Biscuit Sausage Patty Sliced Cheese Orange 100% Juice Choice of Milk	WG Cinnamon Cooked French Toast Fruit Salad Maple Flavored Syrup 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Pear Valentina Hot Sauce 100% Juice Choice of Milk	WG Mini Maple Waffles Fruit Mix 100 % Juice Choice of Milk Maple Flavored Syrup	WG Reduced Sugar Coca Puffs Cereal Graham Crackers Delicious Red Apple 100% Juice Choice of Milk
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Martin Luther King NO SCHOOL	WG Mini Strawberry Pancakes Cinnamon Applesauce Maple Flavored Syrup 100% Juice Choice of Milk	WG Apple Jacks Cereal Graham Crackers Pineapple Tidbits 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Orange 100% Juice Choice of Milk Valentina Hot Sauce	WG Mini Maple Pancakes Cinnamon Applesauce Maple Flavored Syrup 100% Juice Choice of Milk
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
WG Apple Jacks Cereal Graham Crackers Pineapple Tidbits 100% Juice Choice of Milk	Breakfast Combo Bar WWWG Toast Banana 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Diced Mango 100% Juice Choice of Milk Valentino Hot Sauce	WG Buttermilk Biscuit Sausage Patty Sliced Cheese Orange 100% Juice Choice of Milk	WG Cinnamon Cooked French Toast Fruit Salad Maple Flavored Syrup 100% Juice Choice of Milk
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
WG Reduced Sugar Coca Puffs Cereal Graham Crackers Delicious Red Apple 100% Juice Choice of Milk	WG Mini Maple Pancakes Fruit Mix Maple Flavored Syrup 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Diced Mango 100% Juice Choice of Milk Valentino Hot Sauce	Breakfast Combo Bar WWWG Toast Banana 100% Juice Choice of Milk	WG Buttermilk Biscuit Sausage Patty Sliced Cheese Orange 100% Juice Choice of Milk