



## Breakfast Menu

January 2023

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8<sup>th</sup> Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12<sup>th</sup> Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>January 2</b><br><br>  | <b>January 3</b><br><b>WG Lucky Charms</b><br>Cheez Its<br>100% Juice Box<br>Milk | <b>January 4</b><br><b>WG Bagel w/ Cream Cheese</b><br>Fruit<br>Milk  | <b>January 5</b><br><b>WG Apple Jacks</b><br>Goldfish<br>100% Juice Box<br>Milk            | <b>January 6</b><br><b>WG Apple Cinnamon Muffin</b><br>Fruit<br>Milk  |
| <b>January 9</b><br><b>WG Frosted Mini Wheats</b><br>Cheez Its<br>100% Juice Box<br>Milk  | <b>January 10</b><br><b>Yogurt w/ Granola</b><br>Fruit<br>Milk                    | <b>January 11</b><br><b>WG Bagel w/ Cream Cheese</b><br>Fruit<br>Milk | <b>January 12</b><br><b>WG Cinnamon Toast Crunch</b><br>Goldfish<br>100% Juice Box<br>Milk | <b>January 13</b><br><b>WG Orange Muffin</b><br>Fruit<br>Milk         |
| <b>January 16</b><br><b>WG Lucky Charms</b><br>Cheez Its<br>100% Juice Box<br>Milk        | <b>January 17</b><br><b>Yogurt w/ Granola</b><br>Fruit<br>Milk                    | <b>January 18</b><br><b>WG Bagel w/ Cream Cheese</b><br>Fruit<br>Milk | <b>January 19</b><br><b>WG Cinnamon Toast Crunch</b><br>Goldfish<br>100% Juice Box<br>Milk | <b>January 20</b><br><b>WG Corn Muffin</b><br>Fruit<br>Milk           |
| <b>January 23</b><br><b>WG Frosted Mini Wheats</b><br>Cheez Its<br>100% Juice Box<br>Milk | <b>January 24</b><br><b>Yogurt w/ Granola</b><br>Fruit<br>Milk                    | <b>January 25</b><br><b>WG Bagel w/ Cream Cheese</b><br>Fruit<br>Milk | <b>January 26</b><br><b>WG Apple Jacks</b><br>Goldfish<br>100% Juice Box<br>Milk           | <b>January 27</b><br><b>WG Blueberry Muffin</b><br>Fruit<br>Milk      |
| <b>January 30</b><br><b>WG Lucky Charms</b><br>Cheez Its<br>100% Juice Box<br>Milk        | <b>January 31</b><br><b>Yogurt w/ Granola</b><br>Fruit<br>Milk                    | <b>February 1</b><br><b>WG Bagel w/ Cream Cheese</b><br>Fruit<br>Milk | <b>February 2</b><br><b>WG Cinnamon Toast Crunch</b><br>Goldfish<br>100% Juice Box<br>Milk | <b>February 3</b><br><b>WG Chocolate Chip Muffin</b><br>Fruit<br>Milk |

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos