



## 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 30</b> <b>WG Lucky Charms</b> Cheez Its 100% Juice Box Milk	<b>January 31</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>February 1</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>February 2</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>February 3</b> <b>WG Chocolate Chip Muffin</b> Fruit Milk
<b>February 6</b> <b>WG Frosted Mini Wheats</b> Cheez Its 100% Juice Box Milk	<b>February 7</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>February 8</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>February 9</b> <b>WG Apple Jacks</b> Goldfish 100% Juice Box Milk	<b>February 10</b> <b>WG Orange Muffin</b> Fruit Milk
<b>February 13</b> <b>WG Lucky Charms</b> Cheez Its 100% Juice Box Milk	<b>February 14</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>February 15</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>February 16</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>February 17</b> <b>WG Corn Muffin</b> Fruit Milk
<b>February 20</b> <b>WG Frosted Mini Wheats</b> Cheez Its 100% Juice Box Milk	<b>February 21</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>February 22</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>February 23</b> <b>WG Apple Jacks</b> Goldfish 100% Juice Box Milk	<b>February 24</b> <b>WG Blueberry Muffin</b> Fruit Milk
<b>February 27</b> <b>WG Lucky Charms</b> Cheez Its 100% Juice Box Milk	<b>February 28</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>March 1</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>March 2</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>March 3</b> <b>WG Chocolate Chip Muffin</b> Fruit 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