



Breakfast Menu

Breakfast foods are **rich in key nutrients such as folate, calcium, iron, B vitamins and fiber**. Breakfast provides a lot of your day's total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals than people who don't

Monday	Tuesday	Wednesday	Thursday	Friday
2 Milk and Condiments offered Daily	3	4	5	6
		No School Winter Break		
9 Cheerios String Cheese Pineapple Cup Apple Cherry Juice	10 Blueberry Pancakes Apple Craisins	11 Apple Oatmeal Bar Sunflower Seeds Orange Pineapple Cup	12 Turkey Sausage Biscuit Banana Raisins	13 Blueberry Muffin Pear Applesauce
16 No School	17 Bagel w Cream Cheese Hard Boiled Egg Apple Craisins	18 Blueberry Oatmeal Bar Sunflower Seeds Orange Pineapple Cup	19 Cheese, Turkey Sausage and Waffle Sandwich Pear Raisins	20 Banana Loaf Banana Applesauce
23 Apple Cinnamon Cheerios Orange Apple Cherry Juice	24 Pancake Sausage Bites Apple Craisins	25 Strawberry Granola Bar Sunflower Seeds Orange Pineapple Cup	26 Pancakes Banana Raisins	27 Blueberry Muffin Top Pear Applesauce
30 Honey Bunches of Oats Hard Boiled Egg Orange Apple Cherry Juice	31 Turkey Bacon, Egg and Cheese Croissant Apple Craisins			