

K-12 Breakfast Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.

Vegetarian items are



2 No School	3 No School	4 Banana Muffin [✓] Diced Peaches 100% Grape Juice	5 Blueberry Shredded Wheat [✓] Graham Crackers Applesauce 100% Orange Juice	6 Cinnamon Crisp Bar [✓] Fresh Banana 100% Pineapple Juice
9 Cherry Cocoa Bar [✓] Cranberries 100% Fruit Juice	10 Raspberry Yogurt [✓] Graham Crackers Diced Pineapple 100% Apple Juice	11 Strawberry Shredded Wheat [✓] Graham Crackers [✓] Diced Peaches 100% Grape Juice	12 Plain Bagel [✓] w/ Cream Cheese Applesauce 100% Orange Juice	13 Multi-Grain Cinnamon Flakes [✓] Graham Crackers Fresh Banana 100% Pineapple Juice
16 No School	17 Strawberry Yogurt [✓] Graham Crackers Diced Pineapple 100% Apple Juice	18 Multi-Grain Cinnamon Flakes [✓] Graham Crackers Diced Peaches 100% Grape Juice	19 Plain Bagel [✓] w/ Cream Cheese Applesauce 100% Orange Juice	20 Blueberry Muffin [✓] Fresh Banana 100% Pineapple Juice
23 Multi-Grain Cheerios [✓] Graham Crackers Cranberries 100% Fruit Juice	24 Raspberry Yogurt [✓] Graham Crackers [✓] Diced Pineapple 100% Apple Juice	25 Cinnamon Raisin [✓] Bagel w/ Butter Diced Peaches 100% Grape Juice	26 Honey Bunches of Oats [✓] Graham Crackers Applesauce 100% Orange Juice	27 Cherry Cocoa Bar [✓] Fresh Banana 100% Pineapple Juice
30 Multi-Grain Frosted Flakes [✓] Graham Crackers Cranberries 100% Fruit Juice	31 Strawberry Yogurt [✓] Graham Crackers Diced Pineapple 100% Apple Juice			