




January 2018 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>			
<i>No Breakfast</i>	<i>No Breakfast</i>	3 Reduced Sugar Apple Jacks 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	4 French Toast Slices 2oz/2 Slices Turkey Sausage Link 1ea-1oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea	5 W.G Corn Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
8 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	9 Eggo Mini Maple Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	10 Cinnamon Toast Crunch 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	11 Cheese Omelet 1ea Wrapped WW Mountain Roll 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	12 W.G Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
<i>No Breakfast</i>	16 Turkey Sausage Pally 1ea-1.5oz American Cheese 1ea-0.5oz Whole Wheat Mountain Roll 1ea 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	17 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	18 Waffles Regular 2ea Turkey Bacon 2oz 100% Grape Juice 8oz Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea	19 W.G Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
22 Chex Cereal 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	23 Eggo Mini Blueberry Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	24 Cinnamon Toast Crunch 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	25 French Toast Slices 2oz/2 Slices Turkey Sausage Link 1ea-1oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea	26 W.G Apple Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
29 Kix Cereal 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	30 Turkey Bacon 2oz American Cheese 1ea-0.5oz Whole Wheat Biscuit 2 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	31 Cheerios 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz		

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Monday	Tuesday	Wednesday	Thursday	Friday
	All of our food is made fresh Daily.	Our Featured Wellness Item of the month is highlighted in orange.		
<u>No Lunch-Happy New Year</u>	No Lunch-Happy New Year	3 Crispy Chicken Breast on Whole Wheat Bun 3oz Sliced Carrots 1 Cup 100% Fruit Punch 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	4 BBQ Beef Ribbecue on a WW Hamb Bun 2.5oz Corn 1 Cup 100% Apple Juice 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	5 Whole Wheat Pizza 1ea Green Beans 1 Cup Fresh Orange 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
8 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meal 2.5oz Shredded Cheddar 1oz Black Beans 1 cup Tostitos Chips 1oz Wrapped Whole Wheat Bread 1ea 100% Fruit Punch 4oz Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry	9 Mealballs w/ Marinara Sauce 4ea Wrapped WW Mountain Roll 1ea Corn 1 Cup Fresh Banana 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	10 Macaroni w/ Beef 6oz Wrapped Whole Wheat Bread 1ea Whole Baby Carrots 1 Cup Fresh Tangerine 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	11 Grilled Chicken Salad 2 Cups Romaine Lettuce 1 1/2 Cup Grilled Chicken Strips 2 oz Shredded Mozzarella .5oz W.G Croulons 1/4 Cup PC Ranch Dressing 1ea 100% Fruit Punch 4oz Fresh Banana 1ea Wrapped Whole Wheat Bread 2ea 1% Milk 8oz	12 Hamburger on a WW Bun 2.8oz Maple Baked Beans 1 Cup 100% Apple Juice 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
No Lunch	16 W.G Chicken Nuggels 6ea Wrapped Whole Wheat Bread 1ea Red Beans 1 cup 100% Grape Juice 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	17 Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Wrapped WW Mountain Roll 1ea Broccoll 1 Cup Raisins 1 Box 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	18 Grilled Cheese on WW Bread 2.5oz Corn 1 Cup 100% Fruit Punch 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	19 Whole Wheat Pizza 1ea Green Beans 1 Cup 100% Grape Juice 4oz Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
22 Popcorn chicken 3oz Wrapped WW Mountain Roll 1ea Sliced Carrots 1 Cup Fresh Orange 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	23 Beef Hoi Dog on a WW Bun 1ea Corn 1 Cup 100% Orange Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea	24 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Broccoll 1 Cup Raisins 1 Box 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	25 Baked Chicken Paity on a Whole Wheat Bun 1ea Maple Baked Beans 1 Cup Fresh Orange 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	26 Hamburger on a WW Bun 2.8oz Green Beans 1 Cup 100% Fruit Punch 4oz Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
29 Grilled Chicken on a WW Bun 2.5oz Cowboy Baked Beans 1 Cup 100% Grape Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	30 W.G Chicken Nuggels 6ea Wrapped Whole Wheat Bread 1ea Sliced Carrots 1 Cup 100% Fruit Punch 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	31 Homemade Baked Zill 6oz Wrapped WW Mountain Roll 1ea Broccoll 1 Cup Apple Sauce Cup 1/2C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz		

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