

RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



Ballou STAY Breakfast

January 2016

All breakfasts are FREE. Full student breakfast includes choice of entrée, two fruit choices and choice of 1% or skim milk. If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Turkey Sausage on Whole Grain English Muffin 100% Fruit Punch	Whole Grain Pancakes w/Syrup Fresh Orange	Scrambled Eggs Whole Grain Toast Fresh Local Apple	Chicken Sausage on Whole Grain Bagel Pears Sauce	Whole Grain Cinnamon Biscuit Fresh Banana
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Whole Grain Bagel w/ Reduced Fat Cream Cheese 100% Fruit Punch	Whole Grain Banana or Blueberry Muffin String Cheese Fresh Orange	Turkey Ham and Cheese on Whole Grain Bagel Fresh Local Apple	Biscuit and Turkey Gravy Pears Sauce	Whole Grain Pancakes w/ Jelly Fresh Banana
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
ML King Day No School 	Maple French Toast Sticks Fresh Orange	Scrambled Eggs Whole Grain Toast Fresh Local Apple	Turkey Sausage on Whole Grain English Muffin Pears Sauce	French Toast Bake Fresh Banana
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Whole Grain Waffles w/Syrup 100% Fruit Punch	Turkey Ham and Cheese Frittata Whole Grain Toast Fresh Orange	Australian Food Day! Cinnamon Porridge w/ Oatmeal Crumb Topping Fresh Local Apple	Chicken Sausage on a Whole Grain Biscuit Pears Sauce	Whole Grain Cinnamon Biscuit Fresh Banana
Available Daily – Assorted Whole Grain Cereals, WG Strawberry Bar, Graham Crackers and Assorted Fruit				