

# RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



## Secondary (6–12) Breakfast Menu

Jan 4–8

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of **1% or skim white milk**. You **MUST** take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

| Station   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|---|
| <br>Breakfast Comfort Foods | String Cheese<br><br>Graham Crackers<br><br>100% Fruit Punch  | Whole Grain Pancakes w/Syrup<br><br><br>Fresh Orange    | <b>Scrambled Egg Bar</b><br><br>Whole Grain Toast<br><br><b>Fresh Local Apple</b> | Chicken Sausage on Whole Grain Biscuit<br><br><br>Chilled Pears                     | Whole Grain Cinnamon Biscuit<br><br><br>Fresh Banana                        |
| <br>Everyone's Favorites  | Turkey Sausage on a Whole Grain English Muffin<br><br>100% Fruit Punch  | Scrambled Eggs<br>Whole Grain Toast<br><br>Fresh Orange | Whole Grain Bagel w/Reduced Fat Cream Cheese<br><br><b>Fresh Local Apple</b>      | Cheesy <b>Scrambled Eggs</b><br><br>Whole Grain English Muffin<br><br>Chilled Pears | Turkey Ham and Cheese on Whole Grain English Muffin<br><br><br>Fresh Banana |
| <b>Available Daily</b>  | Whole Grain Golden Grahams<br>Multigrain Cheerios<br>Cinnamon Toast Crunch<br>Chex Cereal<br>Yogurt Cup<br>Whole Grain Strawberry Bar<br>Graham Crackers<br>Assorted Fresh & Cupped Fruit   |   |   |   |   |
| <b>Food Focus</b>   |  <p><i>Citrus fruits are an excellent source of Vitamin C, which helps keep the immune system healthy. They are also high in fiber and other vitamins, such as folate, which helps your body make healthy blood cells.</i></p> |   |   |   |   |

# RISE & SHINE *with* BREAKFAST

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## Secondary (6–12) Breakfast Menu

January 11 - 15

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

| Station   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|--|---|---|---|--|
| <br>Breakfast Comfort Foods | Whole Grain Bagel w/Reduced Fat Cream Cheese<br><br>100% Fruit Punch   | Whole Grain Blueberry Muffin or Banana Muffin<br><br>Fresh Orange         | Whole Grain Cinnamon Biscuit<br><br>Fresh Local Apple               | Biscuit & Turkey Gravy<br><br>Chilled Pears                           | Whole Grain Pancakes w/ Jelly<br><br>Fresh Banana            |
| <br>Everyone's Favorites   | Cheesy Scrambled Eggs<br><br>Whole Grain English Muffin<br><br>100% Fruit Punch  | Turkey Ham & Cheese Frittata<br><br>Whole Grain Toast<br><br>Fresh Orange | Turkey Ham and Cheese on Whole Grain Bagel<br><br>Fresh Local Apple | Scrambled Eggs<br><br>Whole Grain English Muffin<br><br>Chilled Pears | Chicken Sausage on a Whole Grain Biscuit<br><br>Fresh Banana |
| <b>Available Daily</b>  | Whole Grain Golden Grahams<br>Multigrain Cheerios<br>Cinnamon Toast Crunch<br>Chex Cereal<br>Yogurt Cup<br>Whole Grain Strawberry Bar<br>Graham Crackers<br>Assorted Fresh & Cupped Fruit  |   |   |   |  |
| <b>Food Focus</b>   |  <p><i>Citrus fruits grow on trees that thrive in warm climates. Florida and California are the top two producers of citrus in the United States.</i></p> |   |   |   |  |

# RISE & SHINE *with* BREAKFAST

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## Secondary (6–12) Breakfast Menu

January 18–22

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of **1% or skim white milk**. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

| Station   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|---|--|--|---|--|
| <br>Breakfast Comfort Foods | ML King Day<br>No School  | Maple French Toast Sticks<br><br>Fresh Orange    | Fresh Baked Whole Grain Blueberry Muffin Square<br><br>Fresh Local Apple | Mexican Scrambled Egg Bar<br><br>Whole Grain Toast<br><br>Chilled Pears | French Toast Bake<br><br>Fresh Banana                      |
| <br>Everyone's Favorites   |    | Whole Grain Cinnamon Biscuit<br><br>Fresh Orange | Scrambled Eggs<br><br>Whole Grain Toast<br><br>Fresh Local Apple         | Turkey Sausage on Whole Grain English Muffin<br><br>Chilled Pears       | Chicken Sausage on a Whole Grain Bagel<br><br>Fresh Banana |
| Available Daily   | Whole Grain Golden Grahams<br>Multigrain Cheerios<br>Cinnamon Toast Crunch<br>Chex Cereal<br>Yogurt Cup<br>Whole Grain Strawberry Bar<br>Graham Crackers<br>Assorted Fresh & Cupped Fruit                 |  |  |   |  |
| Food Focus  |  <p>Orange trees produce leaves, flowers, and fruit all at the same time, making them very fragrant in full bloom.</p> |  |  |   |  |

# RISE & SHINE *with* BREAKFAST

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## Secondary (6–12) Breakfast Menu

January 25 - 29

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of **1% or skim white milk**. You **MUST** take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

| Station   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|---|--|--|
| <br>Breakfast Comfort Foods | Whole Grain Waffles w/Syrup<br><br>100% Fruit Punch   | Whole Grain Bagel w/Reduced Fat Cream Cheese<br><br>Fresh Orange          | <b>Australian Food Day!</b><br>Cinnamon Porridge w/ Oatmeal Crumb Topping | Fresh Baked Whole Grain Blueberry Muffin Square<br><br>Chilled Pears | French Toast Bake<br><br>Fresh Banana            |
| <br>Everyone's Favorites    | Cheesy Scrambled Eggs<br><br>Whole Grain English Muffin<br><br>100% Fruit Punch   | Turkey Ham & Cheese Frittata<br><br>Whole Grain Toast<br><br>Fresh Orange | Scrambled Eggs<br><br>Whole Grain English Muffin<br><br>Fresh Local Apple | Chicken Sausage on a Whole Grain Biscuit<br><br>Chilled Pears        | Whole Grain Cinnamon Biscuit<br><br>Fresh Banana |
| <b>Available Daily</b>  | Whole Grain Golden Grahams<br>Multigrain Cheerios<br>Cinnamon Toast Crunch<br>Chex Cereal<br>Yogurt Cup<br>Whole Grain Strawberry Bar<br>Graham Crackers<br>Assorted Fresh & Cupped Fruit   |   |   |  |  |
| <b>Food Focus</b>   |  <p>CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C, WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.</p>  |   |   |  |  |