

K-12 CORE BREAKFAST  
**January**

# BREAKFAST

Monday Jan 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
No School	No School	Chicken Biscuit Sandwich Sunrise Breakfast Round (v)	Egg & Potato Breakfast Burrito Whole Grain Bagel w/Cream Cheese (v) Apple Cinnamon Muffin w/String Cheese (v)	Strawberry Oatmeal (ve) Vanilla Yogurt w/Graham Crackers (v) Blueberry Muffin w/String Cheese (v)
		Applesauce Strawberry Cup	Pineapple Tidbits Baked Cinnamon Peaches	Frozen Blueberries Strawberry Cup

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Cheesy Scrambled Eggs w/Toast (v) Apple Cinnamon Muffin w/String Cheese (v)	Biscuit w/Old Fashioned Gravy Tropical Mango Breakfast Round (v) Banana Muffin w/String Cheese (v)	Egg & Cheese Biscuit Sandwich (v) Strawberry Yogurt w/Graham Crackers (v) Blueberry Muffin w/String Cheese (v)	Whole Grain French Toast Sticks w/Syrup (v) Plain Bagel w/Cream Cheese (v)	Sausage Breakfast Pizza Peach Breakfast Square (v) Apple Cinnamon Muffin w/String Cheese (v)
Fresh Apple Diced Pears	Strawberries Tangerine	Apple Juice Orange Wedges	Pineapple Tidbits Cinnamon Apples	Frozen Blueberries Banana

Daily offerings include assorted cereal bowls with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

*This institution is an equal opportunity provider. Additional nutrition information available upon request.*

Monday Jan 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>No School</b>	Egg & Cheese Flatbread Sandwich (v) Vanilla Yogurt w/Graham Crackers (v) Banana Muffin w/Cheese Stick (v)	Breakfast Taco w/Potato, Egg, Turkey Crumble & Salsa Cinnamon French Toast Bites (v) Blueberry Muffin w/String Cheese (v)	Whole Grain French Toast Sticks Blueberry Patch Parfait w/Graham Crackers (v) Apple Cinnamon Muffin w/String Cheese (v)	Egg & Potato Breakfast Burrito Maple Waffle (v) Blueberry Muffin w/String Cheese (v)
	Fresh Apple Tangerine	Orange Wedges Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Breakfast Bowl w/Turkey Crumble, Egg Potato, Cheese & Salsa Vanilla Yogurt w/Graham Crackers (v) Blueberry Muffin w/String Cheese (v)	French Toast Sticks w/Syrup (v) Sunrise Breakfast Round (v) Apple Cinnamon Muffin w/String Cheese (v)	Egg & Cheese Bagel Sandwich (v) Blueberry Waffle (v) Banana Muffin w/String Cheese (v)	Turkey Sausage & Pancake Breakfast on a Stick Blueberry Muffin w/String Cheese (v)	<b>No School</b>
Frozen Blueberries Tangerine	Orange Slices Cinnamon Apples	Cantaloupe Orange Wedges	Banana Apple Juice	

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Monday Jan 29	Tuesday 30	Wednesday 31	Thursday Feb 1	Friday 2
Whole Grain French Toast Sticks (v) Banana Muffin w/String Cheese (v)	Scrambled Eggs w/Toast (v) Maple Waffle (v) Blueberry Muffin w/String Cheese (v)	Biscuit w/Old Fashioned Country Gravy Tropical Mango Breakfast Round (v) Apple Cinnamon Muffin w/String Cheese (v)	Turkey Sausage Breakfast Pizza Plain Bagel w/Cream Cheese (v) Banana Muffin w/String Cheese (v)	Sausage & Cheese Sandwich Vanilla Yogurt w/Graham Crackers (v) Blueberry Muffin w/String Cheese
Whole Apple Tangerine	Apple Juice Pineapple Tidbits	Banana Frozen Blueberries	Pineapple Tidbits Orange Wedges	Tangerine Apple Slices

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