

RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



Breakfast in the Classroom OVS Pilot

January 2016

All breakfasts are FREE. Full student breakfast includes entrée, fruit & choice of 1% or skim white milk. Did you know—If you see it in green, it's Local!

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 Pineapple Cup	Whole Grain Maple French Toast Sticks Fresh Orange	Chicken Sausage on Whole Grain Biscuit Fresh Local Apple	Yogurt Cup Graham Crackers Pear Sauce Applesauce Cup	Whole Grain Cinnamon Biscuit Fresh Banana Chilled Pears
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Whole Grain Bagel w/ Reduced Fat Cream Cheese 100% Fruit Punch Pineapple Cup	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese Fresh Orange	Turkey Ham and Cheese on Whole Grain Bagel Fresh Local Apple	Golden Grahams Cereal Graham Crackers Pear Sauce Applesauce Cup	Whole Grain Pancakes w/ Jelly Fresh Banana Chilled Pears
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
ML King Day No School 	Maple French Toast Sticks Fresh Orange	Turkey Sausage on Whole Grain English Muffin Fresh Local Apple	Whole Grain Cinnamon Biscuit Pear Sauce Applesauce Cup	Chicken Sausage on Whole Grain Bagel Fresh Banana Chilled Pears
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Whole Grain Pancakes w/Syrup 100% Fruit Punch Pineapple Cup	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Orange	Australian Food Day! Cinnamon Porridge w/ Oatmeal Crumb Topping Fresh Local Apple	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese Pear Sauce Applesauce Cup	Whole Grain Waffles w/Syrup Fresh Banana Chilled Pears