

# RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



## Breakfast in the Café Menu (K - 5, K - 8)

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 Maple French Toast Sticks  Fresh Orange	Chicken Sausage on Whole Grain Biscuit  Fresh Local Apple	Yogurt Cup Graham Cracker  Pear 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 Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese  Fresh Orange	Turkey Ham and Cheese on Whole Grain Bagel  Fresh Local Apple	Biscuit and Turkey Gravy  Pear Sauce	Whole Grain Pancakes w/ Jelly  Fresh Banana
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
<b>ML King Day</b> <b>No School</b> 	Maple French Toast Sticks  Fresh Orange	Turkey Sausage on Whole Grain English Muffin  Fresh Local Apple	Whole Grain Cinnamon Biscuit  Pear Sauce	Chicken Sausage on Whole Grain Bagel  Fresh Banana
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Whole Grain Pancakes w/Syrup  100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese  Fresh Orange	<b>Australian Food Day!</b> Cinnamon Porridge w/ Oatmeal Crumb Topping  Fresh Local Apple	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese  Pear Sauce	Whole Grain Waffles w/Syrup  Fresh Banana
<b>Available Daily – Assorted Whole Grain Cereals, WG Strawberry Bar, Graham Crackers and Assorted Fruit</b>				