

January 2018 Elementary & Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break <i>No School</i>	2 Winter Break <i>No School</i>	3 French Toast Fruit Cocktail Assorted 100% Juice	4 Yogurt with Granola Peach Slices Assorted 100% Juice	5 Breakfast Pizza Orange Smiles Assorted 100% Juice
8 Sausage with Biscuit Breakfast Break Fruit Cocktail Assorted 100% Juice Hashbrown	9 Cheesy Breadstick Baked Apples Assorted 100% Juice	10 Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	11 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	12 Breakfast Pizza Orange Smiles Assorted 100% Juice
15 Martin Luther King, Jr. Day <i>No School</i>	16 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Assorted 100% Juice	17 French Toast Fresh Banana Assorted 100% Juice	18 Yogurt with Granola Peach Slices Assorted 100% Juice	19 Breakfast Pizza Orange Smiles Assorted 100% Juice
22 Sausage with Biscuit Breakfast Break Fruit Cocktail Assorted 100% Juice Hashbrown	23 French Toast Baked Apples Assorted 100% Juice	24 Breakfast Steak with Biscuit Fresh Banana Assorted 100% Juice	25 Yogurt with Granola Fresh Apple Assorted 100% Juice	26 Breakfast Pizza Mandarin Oranges Assorted 100% Juice
29 Sausage with Biscuit Breakfast Break Applesauce Assorted 100% Juice Hashbrown	30 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Assorted 100% Juice	31 French Toast Fresh Banana Assorted 100% Juice		

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit or 100% juice, crisp side salad, and a variety of milk are offered each day at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

★ Pre-K options are available on the Pre-K Breakfast Menu. ★

Nutrition Information available on page 2 • This institution is an equal opportunity provider.

January 2018 Elementary & Middle School Breakfast Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
1 Winter Break No School		2 Winter Break No School		3 French Toast 200 8 1.5 25 290 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0		4 Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0		5 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
8 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		9 Cheesy Breadstick 150 6 3 15 240 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0		10 Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		11 Yogurt 60 0 0 11 50 with Cinnamon 120 4 1 19 110 Goldfish Graham 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		12 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
15 Martin Luther King, Jr. Day No School		16 Canadian Bacon, Egg, & Cheese Biscuit 334 17 8 32 747 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0		17 French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		18 Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0		19 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
22 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		23 French Toast 200 8 1.5 25 290 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0		24 Breakfast Steak 220 17 5 9 360 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		25 Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		26 Breakfast Pizza 210 7 2 27 350 Mandarin Oranges 52 0 0 13 5 Assorted 100% Juice 60 0 0 14 0	
29 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		30 Canadian Bacon, Egg, & Cheese Biscuit 334 17 8 32 747 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0		31 French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.			

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