

January 2018 Elementary Universal Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break <i>No School</i>	2 Winter Break <i>No School</i>	3 Breakfast Pizza Fresh Apple Assorted 100% Juice	4 French Toast Fresh Pear Assorted 100% Juice	5 Breakfast Bar Fresh Apple Assorted 100% Juice
8 Breakfast Pizza Fresh Apple Assorted 100% Juice	9 French Toast Fresh Pear Assorted 100% Juice	10 Yogurt with Cinnamon Goldfish Graham Fresh Banana Assorted 100% Juice	11 Cereal Fresh Pear Assorted 100% Juice	12 Poptart Fresh Apple Assorted 100% Juice
15 Martin Luther King, Jr. Day <i>No School</i>	16 Breakfast Pizza Fresh Apple Assorted 100% Juice	17 Cereal Fresh Banana Assorted 100% Juice	18 French Toast Fresh Pear Assorted 100% Juice	19 Breakfast Bar Fresh Apple Assorted 100% Juice
22 Cheesy Mozzarella Breadstick Fresh Apple Assorted 100% Juice	23 Super Donut Fresh Pear Assorted 100% Juice	24 Yogurt with Cinnamon Goldfish Graham Fresh Banana Assorted 100% Juice	25 Cereal Fresh Pear Assorted 100% Juice	26 Poptart Fresh Apple Assorted 100% Juice
29 Breakfast Pizza Fresh Apple Assorted 100% Juice	30 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	31 Cereal Fresh Banana Assorted 100% Juice		

A variety of milk is offered with Universal Breakfast daily!

**For the select schools that are participating in Universal Breakfast, it is provided for free.
 All other schools, please view the regular breakfast menu for choices and pricing. Thank you!**

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

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

January 2018 Elementary Universal 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 Breakfast Pizza 240 8 2.5 31 340 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		4 French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		5 Breakfast Bar 140 4 1.5 24 85 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
8 Breakfast Pizza 240 8 2.5 31 340 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		9 French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		10 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		11 Cereal 110 1.5 0 23 110 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		12 Poptart 180 2.5 1 37 190 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
15 Martin Luther King, Jr. Day No School		16 Breakfast Pizza 240 8 2.5 31 340 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		17 Cereal 110 1.5 0 23 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		18 French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		19 Breakfast Bar 140 4 1.5 24 85 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
22 Cheesy Mozzarella Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		23 Super Donut 230 11 4 29 260 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		24 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		25 Cereal 110 1.5 0 23 110 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		26 Poptart 180 2.5 1 37 190 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
29 Breakfast Pizza 240 8 2.5 31 340 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		30 Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		31 Cereal 110 1.5 0 23 110 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			

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