

# January 2018 Grab & Go Breakfast Menu

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

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

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

**A variety of milk is offered daily 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.**

**Grab & Go Breakfast is currently available at Oakland Elementary, Kenwood Middle, Montgomery Central Middle, and New Providence Middle.**

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

# January 2018 Grab & Go Breakfast Menu Nutrition Information

<b>Monday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Tuesday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Wednesday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Thursday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Friday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
<b>Winter Break No School</b>		<b>Winter Break No School</b>		Cinnamon Minis 240 8 2 40 300 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		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		Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
<b>8</b>	French Toast 200 8 1.5 25 290 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>9</b>	Cheesy Breadstick 190 6 2 25 220 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>10</b>	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	<b>11</b>	Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>12</b>	Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
<b>Martin Luther King, Jr. Day No School</b>		Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
<b>22</b>	Cheesy Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>23</b>	French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>24</b>	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	<b>25</b>	Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>26</b>	Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>29</b>	Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>30</b>	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	<b>31</b>	Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0				

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