

# BREAKFAST

-2024-

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate  
North American Food Service



**Adult Breakfast \$2.75**

**Sides \$1.50**

**Milk \$0.50**

This Institution is an equal opportunity.

**\*\*MAY SUBJECT TO CHANGE\*\***

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 	<p><b>4</b></p> 	<p><b>5</b></p> 
<p><b>8</b></p> <p>Breakfast Taco Mild Salsa Assorted Juice Fruit Cocktail Assorted Milk</p>	<p><b>9</b></p> <p>Whole Grain Pancakes Syrup Cinnamon Apple Slices Fresh Grapes Assorted Milk</p>	<p><b>10</b></p> <p>Fruit &amp; Yogurt Parfait Honey Graham Crackers Cantaloupe Assorted Milk</p>	<p><b>11</b></p> <p>Cinnamon Rolls Hard Boiled Egg Tater Tots Fresh Apple Assorted Milk</p>	<p><b>12</b></p> <p>Blueberry Muffin Squares Assorted Yogurt Assorted Juice Orange Smiles Assorted Milk</p>
<p><b>15</b></p> 	<p><b>16</b></p> <p>Cream of Wheat Whole Grain Toast Assorted Jelly Assorted Juice Fresh Grapes Assorted Milk</p>	<p><b>17</b></p> <p>Western Omelet Quesadilla Mild Salsa Diced Peaches Fresh Apple Assorted Milk</p>	<p><b>18</b></p> <p>Blueberry Muffin Assorted Yogurt Assorted Juice Cantaloupe Assorted Milk</p>	<p><b>19</b></p> <p>Baked French Toast Syrup Applesauce Strawberries Assorted Milk</p>
<p><b>22</b></p> <p>Cinnamon Crisp w/ Fruit Salad Assorted Yogurt Sliced Peaches Assorted Milk</p>	<p><b>23</b></p> <p>Blue Corn Mush Sausage Patty Assorted Juice Fresh Grapes Assorted Milk</p>	<p><b>24</b></p> <p>Breakfast Burrito Mild Salsa Mandarin Oranges Watermelon Assorted Milk</p>	<p><b>25</b></p> <p>Toasted English Muffin Hash Brown Casserole Assorted Juice Blueberries Assorted Milk</p>	<p><b>26</b></p> <p>Brown Rice w/ Raisins Scrambled Eggs Fresh Apple Assorted Milk</p>
<p><b>29</b></p> <p>Cream of Wheat Whole Grain Toast Assorted Jelly Assorted Juice Raisins Assorted Milk</p>	<p><b>30</b></p> <p>Turkey Ham, Egg &amp; Cheese Sandwich Diced Peaches Fresh Grapes Assorted Milk</p>	<p><b>31</b></p> <p>Oatmeal Muffin Squares Strawberry Yogurt Blueberries Fresh Banana Assorted Milk</p>		