

CITY SCHOOLS GRADES 6-12 BREAKFAST MENU

January/February 2019 TUESDAY WEDNESDAY THURSDAY FRIDAY MONDAY 1/7 Choose One 1/8 Choose One 1/9 Choose One 1/10 Choose One 1/11 Choose One **French Toast Sticks** Turkey Turkey Sausage, Apple (36g) or Grape-Filled Ham/Egg/Cheese Egg, & Cheese Cherry (37g) Frudel Crescent Roll (35g) (57g) Assorted Bagel (29-Pancake Sandwich Assorted Bagel (29-Peanut Butter & Croissant (29g) 35g)/Cream Cheese Peanut Butter & Jelly 35g)/Cream Cheese Jelly Graham (30g) (32g) (2g) or Peanut Graham (30g) Apple Blueberry (2g) or Peanut Chip Bar (48g) Butter (6g) Butter (6g) 1/16 1/14 Choose One 1/15 Choose One 1/17 Choose One 1/18 Choose One Cinnabar (45g) Egg & Cheese Yogurt Parfait (63-**Assorted Pancakes** Peanut Butter & Croissant (28g) 78g) (36-40g) **NO SCHOOL** Peanut Butter & Jelly Graham (30g) Assorted Bagel (29-Assorted Bagel (29-35g)/Cream Cheese Jelly Graham (30g) 35g)/Cream Cheese (2g) or Peanut Butter (2g) or Peanut (6g) Butter (6g) 1/21 1/22 Choose One 1/23 Choose One 1/24 Choose One 1/25 Choose One Turkey Sausage, Apple (36g) or Grape-Filled Turkey Egg, & Cheese Ham/Egg/Cheese Cherry (37g) Frudel Crescent Roll (35g) MARTIN LUTHER Croissant (29g) Pancake Sandwich Assorted Bagel (29-Peanut Butter & KING, JR. DAY Peanut Butter & Jelly 35g)/Cream Cheese Jelly Graham (30g) (32g) Graham (30g) Apple Blueberry (2g) or Peanut **NO SCHOOL** Chip Bar (48g) Butter (6g) 1/28 Choose One 1/29 Choose One 1/30 Choose One 1/31 Choose One 2/1 Choose One Egg & Cheese Yogurt Parfait (63-Cinnabar (45g) Turkey Sausage & **Assorted Pancakes** Croissant (28g) Peanut Butter & Cheese on Biscuit 78g) (36-40g) Assorted Bagel (29-Jelly Graham (30g) (27g) Peanut Butter & Assorted Bagel (29-35g)/Cream Cheese Apple Blueberry Jelly Graham (30g) 35g)/Cream Cheese (2g) or Peanut Butter Chip Bar (48g) (2g) or Peanut (6g) Butter (6g) NO PORK A variety of fresh fruits, choice of 1% low fat white milk (13g), PRODUCTS This institution is an skim chocolate milk (24g), Dragon punch (fruit & vegetable juice 13g), orange juice (14g), and apple juice (14g), are offered daily OFFERED. equal opportunity provider. with breakfast. NUTRIENT AND Menu is subject to CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE INGREDIENT CONTENT change. **FOLLOWING** AT BREAKFAST: AVAILABLE UPON Assorted Cereals (20-27g) REQUEST. Rev 11/30/2018 Cheese Stick (1g) Cinnamon Roll (20g) Graham Cracker (19g) Hard Boiled Egg (1g) Muffins (26-28g) Honey Roasted Sunflower Seeds (11g) Yogurt (14-16g)