



January/February 2019

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