



January/February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/7 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>1/8 Choose One Turkey Ham/Egg/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)</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)</p>	<p>1/11 Choose One Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>1/14 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>1/15 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>1/16 NO SCHOOL</p>	<p>1/17 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>1/18 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>1/21 MARTIN LUTHER KING, JR. DAY NO SCHOOL</p>	<p>1/22 Choose One Turkey Ham/Egg/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)</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)</p>	<p>1/25 Choose One Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>1/28 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>1/29 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</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) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>2/1 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>NO PORK OR NUT PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider. Menu is subject to change. Rev 11/30/2018</p>	<p>A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), orange juice (14g), and apple juice (14g), are offered daily with breakfast. 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) Yogurt (14-16g)</p>		