


**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**1**
***New Year's Day  
No School***
**2**

 Cereal  
Fruit & 100% Juice  
Milk

**3**

 WW Bagel  
Fruit & 100% Juice  
Milk

**4**

 Cereal  
Fruit & 100% Juice  
Milk

**7**

 Cereal  
Fruit & 100% Juice  
Milk

**8**

 Fruit & Yogurt  
Parfaits  
100% Juice  
Milk

**9**

 WG Muffin  
Fruit & 100% Juice  
Milk

**10**

 WW Bagel  
Fruit & 100% Juice  
Milk

**11**

 Cereal  
Fruit & 100% Juice  
Milk

**14**

 Cereal  
Fruit & 100% Juice  
Milk

**15**

 Fruit & Yogurt  
Parfaits  
100% Juice  
Milk

**16**

 WG Muffin  
Fruit & 100% Juice  
Milk

**17**

 WW Bagel  
Fruit & 100% Juice  
Milk

**18**

 Cereal  
Fruit & 100% Juice  
Milk

**21**
***Martin Luther King Day  
No School***
**22**

 Cereal  
Fruit & 100% Juice  
Milk

**23**

 WG Muffin  
Fruit & 100% Juice  
Milk

**24**

 WW Bagel  
Fruit & 100% Juice  
Milk

**25**

 Cereal  
Fruit & 100% Juice  
Milk

**28**

 Cereal  
Fruit & 100% Juice  
Milk

**29**

 Fruit & Yogurt  
Parfaits  
100% Juice  
Milk

**30**

 WG Muffin  
Fruit & 100% Juice  
Milk

**31**

 WW Bagel  
Fruit & 100% Juice  
Milk

- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Additional daily offerings change and may include: cereal, Nutrigrain bars, and assorted whole grain pastries or breads
- Contact Becky Fowler, Director of School Nutrition at [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) with any questions or concerns

