

# Shepaug Valley School Breakfast Menu January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Alternate: WG Bagel & Cream Cheese: Assorted Cereal: Muffin or Danish or Strudel WG	Milk Served Daily: Fat Free Chocolate Skim 1% Ala Cart Milk Price: .35					
		1 <b>No School</b>	2 Whole Grain Yeast Raised Donut String Cheese Chilled Pineapple 100% Fruit Juice Milk Choice	3 WG Maple Waffle Syrup Fruit Yogurt Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	4 Egg, Sausage & Cheese on WW Croissant Chilled Applesauce 100% Fruit Juice Milk Choice	5
6	7 Whole Grain Pancake Syrup Chilled Pineapple 100% Fruit Juice Milk Choice	8 Whole Grain Breakfast Pizza Fresh Pear 100% Fruit Juice Milk Choice	9 WG Maple Waffle Syrup Fruit Yogurt Chilled Applesauce 100% Fruit Juice Milk Choice	10 W/ Wheat Bagel Lite Cream Cheese Fruit Yogurt Chilled Pears 100% Fruit Juice Milk Choice	11 WW Breakfast Burrito With Salsa Fresh Apple 100% Fruit Juice Milk Choice	12
13	14 Whole Grain Yeast Raised Donut String Cheese Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	15 Yogurt Parfait WG Corn Bread Chilled Pears 100% Fruit Juice Milk Choice	16 Egg, Sausage & Cheese on WW Croissant Chilled Applesauce 100% Fruit Juice Milk Choice	17 WG Chocolate Chip French Toast Syrup Chilled Blueberries 100% Fruit Juice Milk Choice	18 Whole Grain French Toast Sticks Syrup Fresh Banana 100% Fruit Juice Milk Choice	19
20	21 <b>MLK Day</b>	22 W Grain Pancake Syrup Fresh Orange 100% Fruit Juice Milk Choice	23 Whole Grain Yeast Raised Donut String Cheese Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	24 Whole Grain Breakfast Pizza Chilled Applesauce 100% Fruit Juice Milk Choice	25 Whole Wheat Breakfast Burrito With Salsa Chilled Pears 100% Fruit Juice Milk Choice	26
27	28 Whole Grain Breakfast Pizza Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	29 Whole Wheat Breakfast Burrito With Salsa Chilled Applesauce 100% Fruit Juice Milk Choice	30 Baked Apple WG Corn Bread Assorted Yogurt Chilled Mixed Berries 100% Fruit Juice Milk Choice	31 Whole Grain French Toast Sticks Syrup Chilled Pears 100% Fruit Juice Milk Choice		Daily Price of Breakfast: Full Price 2.00 Reduced: .30 Adult Breakfast Price: 2.75