

# JANUARY 2019

## Middle School Breakfast Menu

Full Price: \$1.50  
Reduced Price: \$0.30



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
No School Today!!  
  
Happy New Year!!

**2**  
French Toast Sticks  
Strawberry Banana Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**3**  
Strawberry Scone  
String Cheese  
Fresh Mac Apple  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**4**  
Banana Bread Wedge  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**7**  
Whole Grain Cereal  
Non-Fat Yogurt  
Cinnamon Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**8**  
Chicken Sausage, Egg,  
and Cheese on a  
Whole Grain Croissant  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**9**  
Fruit & Yogurt Parfait  
with Homemade Granola  
Annie's Bunny Grahams  
Diced Pears  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**10**  
Freshly Baked  
Chocolate Chip Muffin  
String Cheese  
Fresh Mac Apple  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**11**  
Whole Grain Bagel  
with WOW Butter  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**14**  
Whole Grain Cereal  
Whole Grain Muffin  
Apple Slices  
100% Mango Wango Juice  
Low-Fat/Non-Fat Milk

**15**  
Freshly Baked  
Cinnamon Chip Muffin  
String Cheese  
Sliced Peaches  
100% Dragon Fruit Juice  
Low-Fat/Non-Fat Milk

**16**  
Egg & Cheese on a  
Wheat Bagel  
Diced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**17**  
Strawberry Scone  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**18**  
Whole Grain Cereal  
Whole Grain Muffin  
Freshly Cut Strawberries  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**21**  
No School Today!!  
  
Martin Luther King Day  
Celebrated!!

**22**  
Whole Grain Cereal  
Non-Fat Yogurt  
Peach & Mango Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**23**  
French Toast Sticks  
Baked Hash Browns  
Sliced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**24**  
Banana Bread Wedge  
Non-Fat Yogurt  
Fresh Apple Slices  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**25**  
Whole Grain Mini Bagel  
with WOW Butter  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**28**  
Whole Grain Cereal  
Non-Fat Yogurt  
Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**29**  
Strawberry Applesauce  
Fresh Florida Orange  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**30**  
Egg & Cheese on  
a Soft English Muffin  
Diced Pears  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

**31**  
Fruit & Yogurt Parfait  
with Homemade Granola  
Teddy Grahams  
Diced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk

ALL MEALS INCLUDE FRESH FAT-FREE FLAVORED OR LOW-FAT WHITE MILK!!

WG = WHOLE GRAIN

WW=WHOLE WHEAT

\*\*MENU IS SUBJECT TO LAST-MINUTE CHANGE\*\*

WE PROUDLY SERVE LOCALLY GROWN FRUITS & VEGETABLES

