

Monday

Tuesday

Wednesday

Thursday

Friday

2019

1
*New Year's Day
No School*

2
Cereal
Fruit & 100% Juice
Milk

3
Ham, Egg, & Cheese
On WG Croissant
Fruit & 100% Juice
Milk

4
Waffles
Fruit & 100% Juice
Milk

7
Cereal
Fruit & 100% Juice
Milk

8
Breakfast Pizza
Fruit & 100% Juice
Milk

9
Fruit & Granola
Parfaits
100% Juice
Milk

10
Ham, Egg, & Cheese
On WG Bagel
Fruit & 100% Juice
Milk

11
Waffles
Fruit & 100% Juice
Milk

14
Cereal
Fruit & 100% Juice
Milk

15
Chicken Sausage,
Egg, & Cheese
On WG Croissant
Fruit & 100% Juice
Milk

16
Fruit & Granola
Parfaits
100% Juice
Milk

17
Ham, Egg, & Cheese
On WG Croissant
Fruit & 100% Juice
Milk

18
Waffles
Fruit & 100% Juice
Milk

21
*Martin Luther King Day
No School*

22
Cereal
Fruit & 100% Juice
Milk

23
Fruit & Granola
Parfaits
100% Juice
Milk

24
Ham, Egg, & Cheese
On WG Bagel
Fruit & 100% Juice
Milk

25
Waffles
Fruit & 100% Juice
Milk

28
Cereal
Fruit & 100% Juice
Milk

29
Chicken Sausage,
Egg, & Cheese
On WG Croissant
Fruit & 100% Juice
Milk

30
Fruit & Granola
Parfaits
100% Juice
Milk

31
Ham, Egg, & Cheese
On WG Croissant
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 with any questions or concerns

