

DECA

JANUARY 2022
Breakfast Calendar

PREP/MIDDLE

Breakfast Meal Pattern - K-8th
Select a minimum of 3 components

1 fruit/ vegetable = 1 cup
--fruit/juice and/or vegetable
1 whole grain rich selection(s) = 1oz
--biscuit, roll, muffin, bread, cereal
1 milk = 1 Cup
--fluid milk

Menu is subject to change
without notice



**This institution is an
equal opportunity
provider.**

Mon	Tue	Wed	Thu	Fri
3 NO SCHOOL	4 NO SCHOOL	5 Strawberry ZeeZee 100% Fruit Juice Raisins Milk	6 Yogurt Scooby Sticks 100% Fruit Juice Milk	7 Mini Muffins 100% Fruit Juice Cranberries Milk
10 Oreo Granola Bar Apple 100% Fruit Juice Milk	11 Chat Snaz Banana 100%Fruit Juice Milk	12 Cocoa Cherry ZeeZee Raisins Fruit Cup Milk	13 Cold Cereal Cinnamon Goldfish Apple Slices 100% Fruit Juice Milk	14Cinnamon Bun 100% Fruit Juice Applesauce Cup Milk
17 NO SCHOOL 	18 Pop Tart 100% Fruit Juice Raisins Milk	19 Yogurt Scooby Sticks 100% Fruit Juice Cranberries Milk	20 Cereal Bar 100% Fruit Juice Banana Milk	21 Mini Pancakes 100% Fruit Juice Apple Milk
24 Breakfast Bar 100% Fruit Juice Cranberries Milk	25 Cereal Bar 100% Fruit Juice Banana Milk	26 Cold Cereal Breakfast Bar Apple Slices Milk	27 Super Donut 100% Fruit Juice Fruit Cup Milk	28 Breakfast Pastry 100% Fruit Juice Applesauce Cup
31 Pop Tart Apple 100% Fruit Juice Milk				