



JANUARY | 2022

Southgate Elementary Menu - BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Banana Breakfast Bar (2-Item) Fruit (i-Item) 100% Fruit Juice (1-Item) Choice of Milk (1-Item)</p>	<p>4</p> <p>Crunch Mania (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>5</p> <p>Nutri Grain Bar (1 Item) Fresh or Cup of Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)</p>	<p>6</p> <p>Lemon Bread (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>7</p> <p>Chef's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>10</p> <p>Cereal (1 Item) Graham Cracker (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>11</p> <p>Pillsbury Cherry Pastry (2 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>12</p> <p>Wh. Grain Pop Tart (1 Item) Graham Cracker (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)</p>	<p>13</p> <p>Cereal (1 Item) Graham Crackers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>14</p> <p>Chef's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>17</p> <p>NO SCHOOL</p>	<p>18</p> <p>Breakfast Bar (2-Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>19</p> <p>Crunch Mania (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>20</p> <p>Bagel W/ Cream Cheese (2) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>21</p> <p>Chef's Choice Today Fruit (i-Item) 100% Fruit Juice (1-Item) Choice of Milk (1-Item)</p>
<p>24</p> <p>Lemon Bread (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>25</p> <p>Cereal (1 Item) Graham Crackers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>26</p> <p>Wh. Grain Pop Tart (1 Item) Graham Cracker (1 Item) Fresh or Cup of Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)</p>	<p>27</p> <p>Cereal (1 Item) Graham Crackers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>28</p> <p>Chef's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>31</p> <p>Cereal (1 Item) Graham Cracker (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>1</p> <p>Breakfast Bar (2-Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>2</p> <p>Nutri Grain Bar (1 Item) Yogurt (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>3</p> <p>Bagel W/ Cream Cheese (2) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>4</p> <p>Chef's Choice Today Fruit (i-Item) 100% Fruit Juice (1-Item) Choice of Milk (1-Item)</p>

Don't Forget:
Select at least three (3)
food items.
One of the items must
be a FRUIT!

Please see food item
counts posted on daily
menu

Daily Milk Options:

Fat Free Chocolate
1% White

Please note: Our main food
supplier GFS is telling its
customers that there may be
times when some food
products may not be
available due to food
shortages this school year.
We will always give advance
notice when possible