

JANUARY 2023 PREP-MIDDLE Breakfast Calendar

Breakfast Meal Pattern - K-8th



Select a minimum of 3 components

1 fruit/ vegetable = 1 cup
--fruit/juice and/or vegetable
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
2 NO SCHOOL 	3 Mini Muffin Trix Yogurt 100% Fruit Juice Cranberries Milk	4 Cereal Bar Cheese Sticks Apple 100% Fruit Juice Milk	5 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	6 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
9 Vanilla Goldfish Yogurt 100% Fruit Juice Applesauce Cup Milk	10 Tiger Bites Cold Cereal 100% Fruit Juice Cranberries Milk	11 Cinnamon Bun 100% Fruit Juice Banana Milk	12 Cereal Bar 100% Fruit Juice Apple Milk	13 NO SCHOOL
16 NO SCHOOL 	17 Super Donut GoGurt 100% Fruit Juice Cranberries Milk	18 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	19 Mini Cinnamon Pull Apart Cranberries 100% Fruit Juice Milk	20 Mini Donut Cheese Sticks 100% Fruit Juice Apple Milk
23 Scooby Sticks Cold Cereal 100% Fruit Juice Raisins Milk	24 Breakfast Bar 100% Fruit Juice Banana Milk	25 Apple Frudel 100% Fruit Juice Applesauce Cup Milk	26 Cinnamon Bun Cheese Sticks 100% Fruit Juice Apple Milk	27 Mini Muffins GoGurt 100% Fruit Juice Cherry Craisins Milk
30 Cold Cereal Cookies & Cream Bar 100% Fruit Juice Cranberries Milk	31 Super Donut GoGurt 100% Fruit Juice Apple Slices Milk	