



Calumet City

January
2023

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>3</p> <p>Cinnamon Roll</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>4</p> <p>Oatmeal Snack Bar Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>5</p> <p>Choice of Cereal Educational Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>6</p> <p>Banana Chocolate Loaf Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>
<p>9</p> <p>Brekkie</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>10</p> <p>Cinnamon Crisps Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>11</p> <p>Plain Bagel Cream Cheese</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>12</p> <p>Strawberry Pop Tart Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>13</p> <p>Mini-Cinnis</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>
<p>16</p> <p>Strawberry Banana Yogurt Dippable Graham Snacks</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>17</p> <p>Mini Donut</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>18</p> <p>Trix Cereal Bar Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>19</p> <p>Apple Frudel</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>20</p> <p>Blueberry Muffin Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>
<p>23</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>24</p> <p>Cinnamon Roll</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>25</p> <p>Oatmeal Snack Bar Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>26</p> <p>Choice of Cereal Educational Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>27</p> <p>Banana Chocolate Loaf Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>
<p>30</p> <p>Brekkie</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>31</p> <p>Cinnamon Crisps Cheese Stick</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>			

PRICES

EXTRA INFO

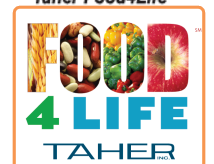
Assorted fruits offered daily
Milk (1% white and Skim Chocolate) available daily

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



www.taHER.com

Menus are subject to change without notice. This institution is an equal opportunity provider.