



# Grades K-8 Breakfast Menu January 2024



## Yreka Union School District

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
<b>Happy New Year!</b>									
8	Cold Cereal	9	Mini Cinnamon Buns String Cheese Stick	10	Biscuits and Gravy Fruit Juice	11	Chocolate Chip Muffin Double Chocolate Muffin	12	Scrambled Eggs Sausage Links Biscuit
15		16	Cold Cereal	17	Biscuits and Gravy Fruit Juice	18	Fruit Frudel	19	Chocolate Chip Muffin Double Chocolate Muffin
22	Cold Cereal	23	Scrambled Eggs Waffles	24	Biscuits and Gravy Fruit Juice	25	Cinnamon Toast Soft Bar	26	Hashbrown Patty Sausage Links English Muffin Fruit Juice
29	Cold Cereal	30	Waffles Strawberry Cup	31	Biscuits and Gravy Fruit Juice	<p>This institution is an equal opportunity provider.</p> <p>Menu Subject to Change</p>			

### Did You Know?

Citrus is in season and it is packed with vitamin C, which is important for maintaining a healthy immune system. Try eating more fruits like oranges, grapefruits and mandarins this month.



**Our menu features reduced sugar and increased protein.**

**Choice of Calcium & Vitamin D milks offered daily with each meal.**

**Choice of fruits offered daily at breakfast.**

**All grains offered on menu are whole grain rich.**