

# JANUARY 2025

## Calais Elementary

### BREAKFAST



**Daily Options Include:** Cereal, Bagel, Cheese Stick, Yogurt, Granola Bar, Fruit and Milk

This menu is subject to change and this establishment is an equal opportunity provider



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



No School  
Happy New Year!

1

Ham and Cheese  
Croissant

2

Bacon Egg and Cheese  
on an English Muffin

3

Muffin

6

Sausage and Cheese  
Maple Waffle

7

Donut Holes

8

Ham and Cheese  
Croissant

9

Bacon Egg and Cheese  
on an English Muffin

10

Muffin

13

Sausage and Cheese  
Maple Waffle

14

Blueberry Mini Waffles

15

Ham and Cheese  
Croissant

16

Bacon Egg and Cheese  
on an English Muffin

17

Muffin

20

Sausage and Cheese  
Maple Waffle

21

Cinnamon Bun

22

Ham and Cheese  
Croissant

23

Bacon Egg and Cheese  
on an English Muffin

24

Muffin

27

Sausage and Cheese  
Maple Waffle

28

French Toast Sticks

29

Ham and Cheese  
Croissant

30

Bacon Egg and Cheese  
on an English Muffin

31