



# North Tonawanda Intermediate School Breakfast January 2026

5 Fruit WG French Toast Sticks	6 Fruit WG Breakfast Pizza	7 Fruit WG Chocolate Chip Muffin WG Crackers	8 Fruit Yogurt Parfait	9 Fruit WG Banana Breakfast Round
12 Fruit WG Cinnamon Swirls	13 Fruit WG Breakfast Burrito	14 Fruit Fresh WG Chocolate Chip Muffin	15 Fruit Strawberry Yogurt WG Crackers	16 Fruit WG Chocolate Glazed Donut
19 	20 Fruit WG Breakfast Sandwich	21 Fruit Fresh WG Chocolate Chip Muffin	22 Fruit Yogurt Parfait	23 Fruit Banana Oatmeal Bar
26 Fruit WG Cini Mini	27 Fruit WG Breakfast Pizza	28 Fruit Fresh WG Chocolate Chip Muffin	29 Fruit Strawberry Yogurt WG Crackers	30 Fruit WG Super Donut
2 Fruit WG Mini Pancakes	3 Fruit WG Breakfast Burrito	4 Fruit Fresh WG Chocolate Chip Muffin	5 Fruit Yogurt Parfait	6 Fruit WG Chocolate Chip Oatmeal Bar

Cereal Offered Daily w/ WG Crackers  
1% and Fat Free Chocolate Milk Offered Daily  
Fresh Fruit Offered Daily  
WG- whole grain      Menu is subject to change.

Students must take main entrée and ½ cup of fruit to make a complete meal  
Fruit offered may include- Seasonal, canned or 100% juice

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