JANUARY 2026 GRADES 9-12 BREAKFAST

FRESH FRUIT & VEGETABLE PROGRAM

WATERBURY PUBLIC SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 **Assorted Cereal** Assorted Grahams	6 NO SCHOOL	CN DAY 7 **Zucchini Bread**	8 **Confetti Pancakes** Syrup	9 Arethusa Farm Litchfield, CT **Local Yogurt** Assorted Grahams
12 **Cocoa Bread**	13 **Chicken Sausage Biscuit** Syrup	CN DAY 14 **Mini Powdered Donuts**	15 **Mini Bagels with Cinnamon Cream Cheese**	16 **Chocolate Chip French Toast** Syrup
19 NO SCHOOL	20 **Cinnamon Crumb Loaf**	CN DAY 21 **Chicken & Waffle Sandwich** Syrup	22 Arethusa Farm Litchfield, CT **Local Yogurt** Assorted Grahams	23 **Froot Loops Waffles**
26 **Surprise Breakfast**	27 **Colby Cheese Omelet** Whole Grain Roll	CN DAY 28 **Pull-a-Part**	29 **Lemon Bread**	30 **Apple Cinnamon Pancake Bites** Syrup

SCHOOL BREAKFAST

Consists of an Entrée, Fruit, and Milk offered daily

Students are encouraged to select all of these items, but must choose at least three - one of which must be a fruit or fruit juice.

Thanks to the Community Eligibility Program (CEP), all our complete and nutritious meals are served at NO CHARGE to all students, with no need to apply!

MENU IS SUBJECT TO CHANGE - 12/17/25
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Every day, students have the choice of
MILK: Low-Fat White, Lactose-Free / Fat-Free Chocolate, Fat-Free Strawberry & Lactose-Free White Milk
FRUIT: Fresh Fruit, Chilled Fruit Cup, 100% Fruit Juice

Waterbury Public Schools Food Service is "Pork-Free"
No pork is served or sold by our Child Nutrition Program

Second Choice Meals are Offered Daily

General Mills · Eggo · Kellogg's · Arethusa Farm Litchfield, CT · Pillsbury

BRAND SPOTLIGHT

NUTRITION CORNER

Did You Know?

January is Fiber Focus Month!

This month highlights the power of fiber, an important nutrient that plays a large role in keeping us healthy, yet many people don't get enough of.

Fiber helps support good digestion, keeps us feeling full longer, and gives us steady energy for learning and play. It is found naturally in foods like fruits, vegetables, whole grains, beans, and even popcorn!

Every day, students are offered a variety of fiber-rich foods at school. This month is a great time for families to explore new fruits, swap in whole-grain options, and add extra veggies to your plates!