

JANUARY BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Carlisle Public School is a Nut-Free

Did you know... School breakfast is free! All Meals include whole grain, lean protein, Vegetable and fruit of the day & 1% Milk or fat free Chocolate Milk.

Students must select at least 3 out of 4 items including a fruit or vegetable to create a complete USDA breakfast.

The 4 Meal Components

1. Grain
2. Meat/ Meat Alternative
3. Fruit/ Vegetable/ Juice *can take up to 2 servings
4. Milk

5

**Toasty Bagels with cream cheese or Jelly
Yogurt or Hard Boiled Egg
Apple slices**

6

**Breakfast Burrito with Bacon Egg and Cheese
Blueberries or Apples**

7

**Warm Cinnamon Buns
Cheese Stick or Hard Boiled Egg
Orange Smiles**

8

**Warm Oatmeal With Assorted Toppings
Yogurt
Raisins**

9

**Assorted Cereals
Yogurt or Eggs
Banana
Apple Or
Oranges**

12

**Assorted Wholegrain Muffins
Hard Boiled Egg or Cheese Stick
Apples with Cinnamon**

13

**HALF DAY
French Toast Sticks
Breakfast Sausage
Orange Smiles**

14

**Assorted Cereals
Hard Boiled Egg
Blueberries**



15

**Breakfast Sandwich with Sausage, Egg and Cheese (or no meat)
Red and Green Grapes**

16

**Homemade Granola Bars
Hard Boiled Egg or Cheese Stick
Strawberries**

19

**No School Today!
Have A Great Day!**

20

**Assorted Cereals
Yogurt or Hard Boiled Egg
Banana**

21

**Egg and Cheese Quesadilla Or Cereal and Yogurt
Orange Smiles**

22

**Assorted Wholegrain Muffins
Hard Boiled Egg or Yogurt
Blueberries**

23

**Warm Cinnamon Buns
Cheese Stick or Hard Boiled Egg
Red and Green Grapes**

26

**Assorted Wholegrain Muffins
Yogurt or Hard Boiled Egg
Orange Smiles**

27

**Spinach Egg and Cheese Strata
Apple Slices with Cinnamon**

28

**Warm Waffles Topped with Berries and whipped Cream
Yogurt**

29

**Bacon Egg and Cheese Croissant (no meat Sandwich)
Apple Sauce**

30

**Assorted Cereals
Yogurt or Hard Boiled Egg
Bananas**



School Breakfast offers a convenient, safe, and nutritious alternative to breakfast at home. School breakfast provides ¼ the recommended amount of protein, calcium, iron, Vitamin A, and Vitamin C for the day.

All meals are offered free to qualifying students.

Please visit our website for more information. We are welcome to your comments and questions, please feel free to call anytime at 978-402-8666, or email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your mind. Please visit the Carlisle School website for more information. Civil rights law and U.S. Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.