

January 2017

FIRST AVENUE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK
9 BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*	10 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	11 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	12 BREAKFAST BOWL PANCAKE ON STICK BAGEL & CREAM CHEESE* CEREALS*	13 MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*
16 MLK HOLIDAY	17 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	18 EGG & SAUSAGE MUFFIN COFFEE CAKE CHOCOLATE MUFFIN ASST. POPTARTS	19 MINIMUM DAY BREAKFAST BOWL PANCAKE ON STICK BAGEL & CREAM CHEESE* CEREALS*	20 MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*
23 BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*	24 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	25 EGG & SAUSAGE MUFFIN COFFEE CAKE CHOCOLATE MUFFIN ASST. POPTARTS	26 BREAKFAST BOWL PANCAKE ON STICK BAGEL & CREAM CHEESE* CEREALS*	27 MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*
30 BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*	31 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	<i>All meals are low sodium and all grains are whole grain!</i>	OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Apple & Orange Juice Fresh Fruit Take at least 3 items 1 must be a fruit	

Harvest of the Month

Network for a Healthy California



Botanical name: Citrus x paradisi

GRAPEFRUIT

