

# January 2017

## FOOTHILLS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK
9 GORDITA COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	10 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*	11 STUFFED BREAKFAST SANDWICH COFFEE CAKE MUFFINS* POPTARTS* CEREALS*	12 EGG & SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL & CREAM CHEESE* CONCHA* CEREALS*	13 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
16 MLK HOLIDAY	17 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*	18 STUFFED BREAKFAST SANDWICH COFFEE CAKE MUFFINS* POPTARTS* CEREALS*	19 MINIMUM DAY EGG & SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL & CREAM CHEESE* CONCHA* CEREALS*	20 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
23 GORDITA COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	24 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*	25 STUFFED BREAKFAST SANDWICH COFFEE CAKE MUFFINS* POPTARTS* CEREALS*	26 EGG & SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL & CREAM CHEESE* CONCHA* CEREALS*	27 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
30 GORDITA* COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	31 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*			

Harvest  
of the  
Month

Network for a Healthy California



Botanical name: Citrus x paradisi

**GRAPEFRUIT**

