

January 2017

HUGO REID BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 2 WINTER BREAK | 3 WINTER BREAK | 4 WINTER BREAK | 5 WINTER BREAK | 6 WINTER BREAK |
| 9 PANCAKES & SAUSAGE ASSORTED CEREALS* | 10 FRENCH TOAST STICKS MINI BAGELS* | 11 BREAKFAST BURRITO CHOCOLATE MUFFIN* | 12 YOGURT PARFAIT* BREAKFAST PIZZA | 13 CHOCOLATE MUFFIN* ASSORTED CEREALS* |
| 16 * MLK HOLIDAY | 17 FRENCH TOAST STICKS BAGEL & CREAM CHEESE* | 18 BREAKFAST BURRITO CHOCOLATE MUFFIN* | 19 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA | 20 CHOCOLATE MUFFIN* ASSORTED CEREALS* |
| 23 PANCAKES & SAUSAGE ASSORTED CEREALS* | 24 FRENCH TOAST STICKS MINI BAGELS* | 25 BREAKFAST BURRITO CHOCOLATE MUFFIN* | 26 YOGURT PARFAIT* BREAKFAST PIZZA | 27 CHOCOLATE MUFFIN* ASSORTED CEREALS* |
| 30 PANCAKES & SAUSAGE ASSORTED CEREALS | 31 FRENCH TOAST STICKS BAGEL & CREAM CHEESE* | <i>All meals are low sodium and all grains are whole grain!</i> | OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Apple and 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

