

January 2017

LONGLEY WAY 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

