



January 2018

FIRST AVENUE BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WINTER BREAK		WINTER BREAK	3	WINTER BREAK	4	WINTER BREAK	5	WINTER BREAK
8	BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	9	YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	10	EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	11	PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	12	PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
15	MLK HOLIDAY	16	YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	17	EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	18	PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	19	PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
22	BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	23	YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	24	EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	25	COLLABORATION DAY PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	26	PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
29	BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS	30	YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	31	EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST				

Harvest of the Month



Network for a Healthy California



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must choose at least 3 items (meat, grain, fruit, juice, milk)

1 must be a fruit

All meals are low sodium and all grains are whole grains!