



# January 2018

## FOOTHILLS BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	WINTER BREAK		WINTER BREAK	3	WINTER BREAK	4	WINTER BREAK	5	WINTER BREAK	
8	HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	9	BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	10	EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	11	BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	12	BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	
15	MLK HOLIDAY	16	BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	17	EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	18	BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	19	BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	
22	HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	23	BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	24	EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	25	COLLABORATION DAY  SACK LUNCH	26	BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	
29	HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	30	BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	31	EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*					

**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!