



# January 2018

## HIGHLAND OAKS BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WINTER BREAK		WINTER BREAK	3	WINTER BREAK	4	WINTER BREAK	5	WINTER BREAK
8	PANCAKES & SAUSAGE ASSORTED CEREALS*	9	FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	10	BREAKFAST BURRITO CHOCOLATE MUFFIN*	11	YOGURT PARFAIT* BREAKFAST PIZZA	12	CHOCOLATE MUFFIN* ASSORTED CEREALS*
15	MLK HOLIDAY	16	FRENCH TOAST STICKS MINI BAGELS*	17	BREAKFAST BURRITO CHOCOLATE MUFFIN*	18	YOGURT PARFAIT* BREAKFAST PIZZA	19	CHOCOLATE MUFFIN* ASSORTED CEREALS*
22	PANCAKES & SAUSAGE ASSORTED CEREALS*	23	FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	24	BREAKFAST BURRITO CHOCOLATE MUFFIN*	25	COLLABORATION DAY  YOGURT PARFAIT* BREAKFAST PIZZA	26	CHOCOLATE MUFFIN* ASSORTED CEREALS*
29	PANCAKES & SAUSAGE ASSORTED CEREALS*	30	FRENCH TOAST STICKS MINI BAGELS*	31	BREAKFAST BURRITO CHOCOLATE MUFFIN*				

**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 take at least 3 items (meat, grain, fruit, juice, or milk)

1 must be a fruit

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