



January 2018

HUGO REID BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WINTER BREAK		WINTER BREAK	3	WINTER BREAK	4	WINTER BREAK	5	WINTER BREAK
8	CHOCOLATE MUFFIN* ASSORTED CEREALS*	9	BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	10	CHOCOLATE MUFFIN* ASSORTED CEREALS*	11	YOGURT PARFAIT* HONEY LEMON LOAF*	12	CHOCOLATE MUFFIN* ASSORTED CEREALS*
15	MLK HOLIDAY	16	BLUEBERRY MUFFIN* MINI BAGELS*	17	CHOCOLATE MUFFIN* ASSORTED CEREALS*	18	YOGURT PARFAIT* HONEY LEMON LOAF*	19	CHOCOLATE MUFFIN* ASSORTED CEREALS*
22	CHOCOLATE MUFFIN* ASSORTED CEREALS*	23	BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	24	CHOCOLATE MUFFIN* ASSORTED CEREALS*	25	COLLABORATION DAY YOGURT PARFAIT* HONEY LEMON LOAF*	26	CHOCOLATE MUFFIN* ASSORTED CEREALS*
29	CHOCOLATE MUFFIN* ASSORTED CEREALS*	30	BLUEBERRY MUFFIN* MINI BAGELS*	31	CHOCOLATE MUFFIN* ASSORTED 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 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!