



January 2018

LONGLEY WAY 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!