

# January 2018 Elementary School BREAKFAST

## Breakfast Meal Pattern

Choice of Grain/Meat, Fruit, Milk

### Offered Daily

Milk : 1%-14 or Fat Free Chocolate-20

Juice-14

Applesauce-14

Cereal Choices:  
Frosted Flakes-24,  
Golden Grahams-24,  
Cheerios-20,  
Cinnamon Toast Crunch-22,  
Cocoa Puffs-25,  
Apple Jacks-24



five two one almost none

This institution is an equal opportunity provider. Menu subject to change.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<b>HOLIDAY</b> 	<b>CLOSED TEACHER WORKDAY</b>	Sausage Biscuit- 22 Gravy-10 *Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Banana- 26	Chicken Biscuit-29 *Strawberry Poptart-37 *Fruit Filled Fruddle-36	Biscuit-22 Gravy-10 *Super Donut- 40
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Chicken Biscuit-29 Gravy-10 *Appleway Bar- 46 *Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 *French Toast Sticks-29 w/ Syrup-15 Vanilla Yogurt-16 w/ *Graham Crackers-17	Chicken Biscuit-29 Gravy-10 *Cinni Minis- 40 *Blueberry Bread- 44	Sausage Biscuit- 22 *Cinnamon Poptart- 37 *Breakfast Pizza- 24 Fresh Apple-19	Biscuit-22 Gravy-10 *Funnel Waffle-35
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
<b>HOLIDAY</b> 	Chicken Biscuit- 29 *Cinnamon Roll- 39 Strawberry Yogurt-16 w/ *Graham Crackers- 17	Sausage Biscuit- 22 Gravy-10 *Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Banana- 26	Chicken Biscuit-29 *Strawberry Poptart-37 *Fruit Filled Fruddle-36	Biscuit-22 Gravy-10 *Super Donut- 40
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Chicken Biscuit-29 Gravy-10 *Appleway Bar- 46 *Strawberry Poptart-37 Fresh Apple-19	<b>CLOSED TEACHER WORKDAY</b>	Chicken Biscuit-29 Gravy-10 *Cinni Minis- 40 *Blueberry Bread- 44	Sausage Biscuit- 22 *Cinnamon Poptart- 37 *Breakfast Pizza- 24 Fresh Apple-19	Biscuit-22 Gravy-10 *Funnel Waffle-35
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Sausage Biscuit-22 Gravy-10 *Banana Bread- 44 *Mini French Toast- 37 w/ Syrup-15	Chicken Biscuit- 29 *Cinnamon Roll- 39 Strawberry Yogurt-16 w/ *Graham Crackers- 17	Sausage Biscuit- 22 Gravy-10 *Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Banana- 26		
			*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.	