



# January 2018

## HIGH SCHOOL BREAKFAST MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	* WINTER BREAK	2	WINTER BREAK *	3	* WINTER BREAK	4	* WINTER BREAK	5	* WINTER BREAK		
8	* WINTER BREAK	9	* WINTER BREAK	10	* WINTER BREAK	11	* WINTER BREAK	12	* WINTER BREAK		
15*	HOLIDAY- MARTIN LUTHER KING	16	Mini Cinni Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	17	Apple Brkfast Bites Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	18	Pancakes WG Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	19	Pancake Stick Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White		
22	Breakfast Pizza Saus Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	23	Dutch Waffle Pop Tart- Breakfast Yogurt & Granola, HS Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	24	Mini Cinni Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	25	Oatmeal- HS Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Muffin, Double Choc Fruit, Fresh Juice, 100% Fruit Milk, 1% White	26	Pan Dulce Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White		
29	Apple Brkfast Bites Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	30	Muffin Squares Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White	31	Pancake Stick Pop Tart- Breakfast Yogurt & Granola, HS Bagel & Cream Cereal, Cinn Toast-H Benefit Bar Banana Chocolate Muffin Fruit, Fresh Juice, 100% Fruit Milk, 1% White						

### School News

Breakfast Prices:  
Reduced NO COST  
Full pay \$1.50  
Adults \$2.00

Payments can be made at: [bearvalleyfs.com](http://bearvalleyfs.com) or send a check payable to Child Nutrition to your child's school cafeteria. Contact us at 909.866.4406 for assistance

Applications are available at your child's school office or you may apply at [www.lunchapplication.com](http://www.lunchapplication.com).



Serving Date	Recipe	Allergens
01/16/2018	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1126 - Mini Cinni	Milk, Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
01/17/2018	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
01/18/2018	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
01/19/2018	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
01/22/2018	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
01/23/2018	R-1222 - Breakfast Pizza W/Sausage	Milk, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
01/24/2018	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
01/25/2018	R-1126 - Mini Cinni	Milk, Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk

01/25/2018	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1679 - Oatmeal High School	Wheat
01/26/2018	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
01/29/2018	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
01/30/2018	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
01/31/2018	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat