



January Breakfast Menu

No Pork Products Served

Milk Selections

Choice of 8oz milk

offered daily

1% Plain

Fat Free Plain

Fat Free Chocolate

Fat Free Strawberry

Monday

Tuesday

Wednesday

Thursday

Friday



		1	2	3
			Turkey Sausage Sandwich WG English Muffin Apple Cinnamon Cheerios Cereal Bar Apple Cinnamon Cheerios Hearty Oatmeal w/ Brown Sugar Raisin Topping WG Giant Cinnamon Goldfish Grahams Crackers Banana Fruit Punch Red Delicious Apple	French Toast Sticks Trix Cereal French Toast Benefit Bar WG Giant Cinnamon Goldfish Grahams Crackers Applesauce Cup Grape Juice Sliced Apples
6 Turkey Sausage Blueberry Muffin Cheesy Grits Cinnamon Toast Crunch Cinnamon Toast Crunch Cereal Bar WG Giant Cinnamon Goldfish Grahams Crackers Bartlett pear Orange Juice Red Delicious Apple	7 Hearty Oatmeal w/ Toppings WG Giant Cinnamon Goldfish Grahams Crackers Cinnamon Chex Trix Cereal Bar Turkey Bacon Fruit Punch Red Delicious Apple Sliced Apples	8 Soft Filled Coco Puffs Bar Toasted Cheerios Turkey Sausage Cinnamon Raisin Bagel WG Giant Cinnamon Goldfish Grahams Crackers Apple Juice Orange Red Delicious Apple	9 Egg & Cheese Sandwich WG English Muffin Heart Oatmeal w/ Apple Cinnamon Topping Fruity Cheerios Mini Alphabet Treats WG Giant Cinnamon Goldfish Grahams Crackers Banana Grape Juice Sliced Apples	10 French Toast Sticks Turkey Sausage Coco Puffs Coco Puffs Cereal Bar WG Giant Cinnamon Goldfish Grahams Crackers Applesauce Cup Grapes Orange Juice
13 Turkey Sausage Link WG Giant Cinnamon Goldfish Grahams Crackers Chocolate Chip Muffin Coco Puffs Cereal Bar Coco Puffs Heart Oatmeal w/ Apple Cinnamon Topping Orange Juice Red Delicious Apple	14 Apple Cinnamon Cheerios Cereal Bar Apple Cinnamon Cheerios Turkey Sausage Breakfast Pizza Cinnamon Elf Graham Crackers Bartlett pear Fruit Punch	15 Trix Cereal Honey Wheat Bagel Trix Cereal Bar Peach Yogurt Cream of Wheat WG Giant Cinnamon Goldfish Grahams Crackers Banana Orange Juice	16 Fruity Cheerios Cereal Bar Fruity Cheerios Turkey Bacon Whole Grain Waffles Cheesy Grits WG Giant Cinnamon Goldfish Grahams Crackers Apple Juice Red Delicious Apple	17 Soft Filled Cinnamon Toast Crunch Bar Toasted Cheerios Apple Oatmeal Bar Turkey Sausage Link Hearty Oatmeal w/ Toppings WG Giant Cinnamon Goldfish Grahams Crackers Banana Fruit Punch
20 No School	21 Egg & Cheese Sandwich Cheesy Grits Coco Puffs Cereal Bar Coco Puffs Turkey Bacon WG Croissant WG Giant Cinnamon Goldfish Grahams Crackers Apple Juice Orange	22 Pancakes w/ Syrup & Turkey Sausage Trix Cereal Trix Cereal Bar Strawberry Go Gurt Hearty Oatmeal w/ Brown Sugar Raisin Topping WG Giant Cinnamon Goldfish Grahams Crackers Fruit Punch Red Delicious Apple	23 Scrambled Eggs & Home Fries Turkey Sausage Cinnamon Chex Strawberry Oatmeal Bar Cheesy Grits WG English Muffin WG Giant Cinnamon Goldfish Grahams Crackers Grape Juice Red Delicious Apple	24 Hearty Oatmeal w/ Toppings Granola Yogurt Parfait Cinnamon Toast Crunch French Toast Benefit Bar WG Giant Cinnamon Goldfish Grahams Crackers Apple Juice Red Delicious Apple
27 Turkey Sausage Fresh Baked Chocolate Chip Muffin Trix Cereal Cinnamon Toast Crunch Cereal Bar Cream of Wheat WG Giant Cinnamon Goldfish Grahams Crackers Orange Juice Orange	28 Turkey Bacon, Egg and Cheese Sandwich Warm Fruit Crisp Fruity Cheerios Cereal Bar Oatmeal Chocolate Chip Benefit Bar WG Giant Cinnamon Goldfish Grahams Crackers Banana Orange Juice	29 Honey Kissed Sausage Pancake Stack Cinnamon Chex Mozzarella String Cheese Apple Blueberry Chip Benefit Bar WG Giant Cinnamon Goldfish Grahams Crackers Fruit Punch Fresh Peaches	30 Turkey Sausage Link Fruity Cheerios Cereal Bar Fruity Cheerios Hearty Oatmeal w/ Brown Sugar Raisin Topping WG Giant Cinnamon Goldfish Grahams Crackers Apple Juice Granny Smith Apple	31 No School

This institution is an equal opportunity provider.

LINTONS
Food Service Management