

Breakfast January 2019

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
		1 NEW YEARS DAY	2 Cereal, toast, grape juice, fruit, milk	3 Caramel roll, boiled egg, orange juice, fruit, milk	4 Cream of Wheat, toast, apple juice, fruit, milk	5
6	7 Cereal, bagel w/cream cheese, grape juice, fruit, milk	8 Pancakes w/syrup, egg patty, orange juice, fruit, milk	9 Strawberry or blueberry smoothie, granola, apple juice, fruit, milk	10 Cinnamon roll, yogurt, grape juice, fruit, milk	11 Oatmeal, mini donuts, orange juice, fruit, milk	12
13	14 Cereal, toast, apple juice, fruit, milk	15 French toast w/syrup, grape juice, fruit, milk	16 Cheese omelet, hash brown triangle, orange juice, fruit, milk	17 Chocolate chip or blueberry muffin, string cheese, apple juice, fruit, milk	18 Cocoa wheats, toast, grape juice, fruit, milk	19
20	21 NO SCHOOL MARTIN LUTHER KING Jr. DAY	22 Breakfast wrap, Tator Tots, Orange Juice, Fruit, Milk	23 Banana Bread, String cheese, Apple Juice, Fruit, Milk	24 Breakfast Pizza, Grape Juice, Fruit, Milk	25 Oatmeal, mini long john, orange juice, fruit, milk	26
27	28 Cereal, breakfast bar, apple juice, fruit, milk	29 Peach or blueberry yogurt parfait, granola, grape juice, fruit, milk	30 Cheese frittata, toast, orange juice, fruit, milk	31 Caramel roll, sunflower seeds, apple juice, fruit, milk		