January

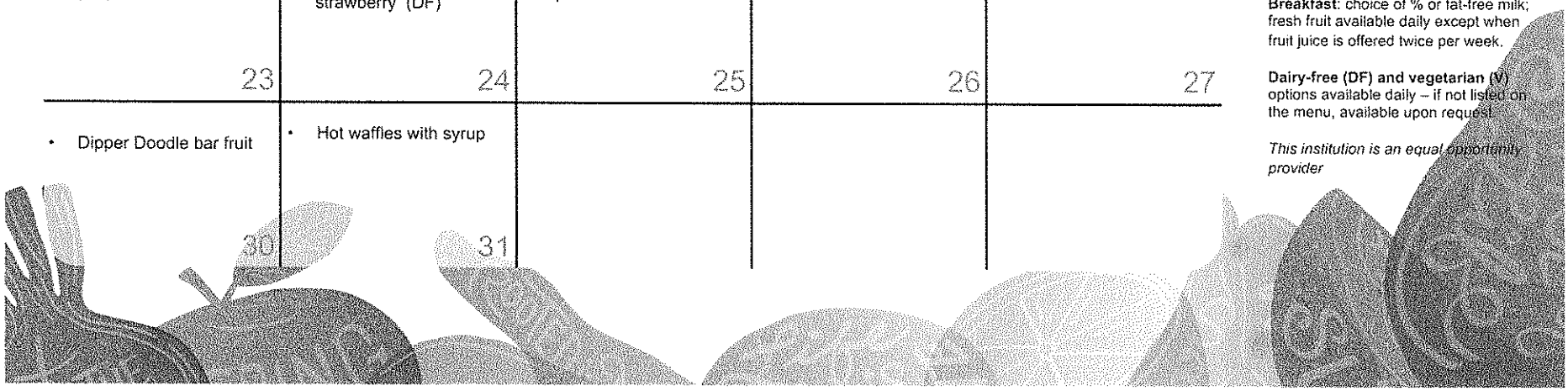
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2	• Whole Grain flurries 3	• French toast muffin 4	• Cinnamon toast bagel 5	• Breakfast cinnamon crumble 6
• Zac omega bar apple 9	• Hot waffles 10	• Plain whole wheat bagel 11	• Breakfast cinnamon crumble 12	• banana muffin • yogurt/dick and janes smart crackers 13
No School **Martin Luther King Jr. Day** 16	• Zac omega bar 17	• Pancakes w/ syrup 18	• Whole grain flurries cereal 19	20
• Honey buttons cereal (DF) 23	• Zac omega bar strawberry (DF) 24	• Hot egg and sausage quesadilla 25	• Cinnamon crumble apple muffin 26	• Cinnamon Grahams 27
• Dipper Doodle bar fruit 30	• Hot waffles with syrup 31			

What's New?

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

Breakfast: choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

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