

January K-12 Breakfast Menu

2017

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO SERVICE	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG mini biscuit (13) WG chicken nuggets - 2 count (0.25oz grain, 0.75oz meat) (6) Syrup cup (29) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 2oz equ WG bagel (28) Jelly cup (9) Milk	4oz 100% juice (15) ½ c Applesauce (15) WG breakfast sliders (1.25oz grain, 0.75oz meat) (21) Milk
8	9	10	11	12
4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG Golden Grahams cereal (24) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 2oz equ WG bagel (28) Jelly cup (9) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 2oz equ WG pancakes (41) Syrup cup (29) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG mini biscuit (13) Turkey sausage links - 2 count (1.25oz meat) Margarine cup Milk
15	16	17	18	19
4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG tortilla (15) 0.5oz Scrambled eggs 0.5oz Cheddar cheese Taco sauce packet Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) WG breakfast pizza (1.5oz grain, 1oz meat) (28) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1.75oz equ WG French toast sticks (27) Syrup cup (29) Milk
22	23	24	25	26
4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG mini biscuit (13) WG chicken nuggets - 2 count (0.25oz grain, 0.75oz meat) (6) Syrup cup (29) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 2oz equ WG bagel (28) Jelly cup (9) Milk	4oz 100% juice (15) ½ c Applesauce (15) WG breakfast sliders (1.25oz grain, 0.75oz meat) (21) Milk
29	30	31		
4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz equ WG Golden Grahams cereal (24) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 2oz equ WG bagel (28) Jelly cup (9) Milk		Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!

innovation foods

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