





Full Service Breakfast Menu for All Schools (K-12)

January 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée (consisting of a meat/meat alternate and grain/bread serving), 1 fruit side dish, 1 serving of 100% fruit juice, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3 Whole Grain French Toast Sticks w/ Turkey Sausage Link</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>4 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Chilled Applesauce Cup 100% Orange Juice</p>	<p>5 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link</p> <p>Locally Grown Apple 100% Mixed Berry Juice</p>	<p>6 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla</p> <p>Fresh Banana 100% Apple Juice</p>
<p>9 Savory Chicken Sausage Patty on a Whole Wheat Biscuit</p> <p>Chilled Applesauce Cup 100% Orange Juice</p>	<p>10 Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Locally Grown Apple 100% Mixed Berry Juice</p>	<p>11 Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>12 Fresh Baked Whole Wheat Pumpkin Muffin Square All Natural Yogurt Cup</p> <p>Fresh Banana 100% Orange Juice</p>	<p>13 Cheesy Grits w/ Turkey Sausage Link</p> <p>Fresh Pear 100% Mixed Berry Juice</p>
<p>16 Happy Martin Luther King Day!</p>	<p>17 Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Orange Juice</p>	<p>18 Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>19 Fresh Baked Whole Wheat Peach Muffin Square All Natural Yogurt Cup</p> <p>Fresh Pear 100% Apple Juice</p>	<p>20 Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit</p> <p>Locally Grown Apple 100% Orange Juice</p>
<p>23 Toasty Egg & Cheese Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Mixed Berry Juice</p>	<p>24 Whole Grain French Toast Sticks w/ Turkey Sausage Link</p> <p>Locally Grown Apple 100% Orange Juice</p>	<p>25 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Tropical Fruit Salad 100% Apple Juice</p>	<p>26 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>27 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla</p> <p>Fresh Banana 100% Orange Juice</p>
<p>30 Savory Chicken Sausage Patty on a Whole Wheat Biscuit</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>31 Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>There are many ways to enjoy eggs! Unscramble the following words to find your favorite:</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>VEORYEAS</p> <p>DRAH LEDOIB</p> <p>BDELCMSRA</p> </div> <div style="text-align: center;"> <p>YUNSN SEID PU</p> <p>LEMOTE</p> <p>DIREF</p> </div> <div style="text-align: center;"> <p>VILDEVED</p> </div> </div>		
<p>Daily Cold Breakfast Menu Choices</p> <p><i>All cold breakfast menu choices are offered w/ All Natural Yogurt Cup, Fruit, Juice, & 1% or Skim White Milk</i></p>				
<p>Mondays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</p>	<p>Tuesdays: Whole Wheat Bagel with Reduced Fat Cream Cheese Spread</p>	<p>Wednesdays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</p>	<p>Thursdays: Whole Wheat Zac Omega Breakfast Bar, Strawberry or Apple</p>	<p>Fridays: Whole Grain Blueberry or Apple Cinnamon Muffin, or Banana Bread Loaf</p>

Wondering what would make an egg-cellent breakfast?

Eggs! Just one large egg contains 8 grams of high quality protein, which is needed for forming muscle tissue, building muscle strength and repairing muscles after exercise. Eggs also contain vitamins A, B, D and E. Combine eggs with a whole grain food, like whole wheat bagels or English muffins, for a tasty and balanced breakfast!