




Elementary & EC (K-5, K-8) Breakfast in the Classroom Menu

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
 3 Toasty Egg & Cheese Omelette in a Multigrain Pita Chilled Peach Cup 100% Apple Juice	4 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Chilled Applesauce Cup 100% Orange Juice	5 Whole Grain Bluenanaberry Muffin All Natural Yogurt Cup Locally Grown Apple 100% Mixed Berry Juice	6 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl All Natural Yogurt Cup Fresh Banana 100% Apple Juice	
9 Savory Chicken Sausage on a Whole Wheat Biscuit Chilled Applesauce Cup 100% Orange Juice	10 Whole Grain Cinnamon Toast Crunch Cereal Bowl All Natural Yogurt Cup Locally Grown Apple 100% Mixed Berry Juice	11 Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin Chilled Peach Cup 100% Apple Juice	12 Whole Wheat Bagel with Reduced Fat Cream Cheese Spread All Natural Yogurt Cup Fresh Banana 100% Orange Juice	13 Whole Grain Maple Pancakes All Natural Yogurt Cup Fresh Pear 100% Mixed Berry Juice
16 Happy Martin Luther King Day!	17 Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita Chilled Peach Cup 100% Orange Juice	18 Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup Chilled Applesauce Cup 100% Mixed Berry Juice	19 Toasty Egg & Cheddar Sandwich on Whole Wheat Bagel Fresh Pear 100% Apple Juice	20 Apple Whole Grain Zac Omega Breakfast Bar All Natural Yogurt Cup Locally Grown Apple 100% Orange Juice
23 Toasty Egg & Cheese Omelette in a Multigrain Pita Chilled Peach Cup 100% Mixed Berry Juice	24 Whole Grain Berry Berry Kix Cereal Bowl All Natural Yogurt Cup Locally Grown Apple 100% Orange Juice	25 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Tropical Fruit Salad 100% Apple Juice	26 Whole Grain Apple Cinnamon Muffin All Natural Yogurt Cup Chilled Applesauce Cup 100% Mixed Berry Juice	27 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl w/ All Natural Yogurt Cup Fresh Banana 100% Orange Juice
30 Savory Chicken Sausage on a Whole Wheat Biscuit Chilled Applesauce Cup 100% Mixed Berry Juice	31 Whole Grain Cinnamon Toast Crunch Cereal Bowl All Natural Yogurt Cup Chilled Peach Cup 100% Apple Juice	There are many ways to enjoy eggs! Unscramble the following words to find your favorite: VEORYEAS YUNSN SEID PU DRAH LEDOIB LEMOTE BDELCMSRA DIREF VILDEVED		



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!