

# JANUARY 2019

## BREAKFAST KIT MENU

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|    | <p>1</p> <p>NEW YEAR DAY<br/>NO SCHOOL</p>  | <p>2</p> <p>Whole Grain Cinnamon<br/>Toast Crunch<br/>Whole Grain<br/>Cinnamon Grahams<br/>100% Apple Juice<br/>Raisins<br/>Milk Choice</p>       | <p>3</p> <p>Whole Grain Apple Muffin Top<br/>Cinnamon Grahams<br/>Unsweetened Applesauce<br/>Raisins<br/>Milk Choice</p>            | <p>4</p> <p>Multigrain Cheerios<br/>Whole Grain Cheddar<br/>Goldfish<br/>100% Fruit Juice<br/>Raisins<br/>Milk Choice</p>                                  |
| <p>7</p> <p>Whole Grain Rice Chex<br/>Honey Roasted<br/>Sunflower Seeds<br/>100% Juice<br/>Raisins<br/>Milk Choice</p>    | <p>8</p> <p>Whole Grain Apple Muffin Top<br/>Cinnamon Grahams<br/>Unsweetened Applesauce<br/>Raisins<br/>Milk Choice</p>              | <p>9</p> <p>Multigrain Cheerios<br/>Whole Grain Cheddar Goldfish<br/>100% Fruit Juice<br/>Raisins<br/>Milk Choice</p> <p><b>EARLY RELEASE</b></p> | <p>10</p> <p>Sunbutter Cup<br/>Whole Grain Cinnamon<br/>Elf Grahams<br/>100% Fruit Juice<br/>Fresh Apple Slices<br/>Milk Choice</p> | <p>11</p> <p>Whole Grain Cinnamon<br/>Toast Crunch<br/>Whole Grain<br/>Cinnamon Grahams<br/>100% Apple Juice<br/>Raisins<br/>Milk Choice</p>               |
| <p>14</p> <p>Whole Grain Apple Muffin Top<br/>Cinnamon Grahams<br/>Unsweetened Applesauce<br/>Raisins<br/>Milk Choice</p> | <p>15</p> <p>Multigrain Cheerios<br/>Whole Grain Pepperidge<br/>Cheddar Goldfish<br/>100% Fruit Juice<br/>Raisins<br/>Milk Choice</p> | <p>16</p> <p>Whole Grain Cinnamon<br/>Toast Crunch<br/>Whole Grain<br/>Cinnamon Grahams<br/>100% Apple Juice<br/>Raisins<br/>Milk Choice</p>      | <p>17</p> <p>Low Fat Fruited Yogurt<br/>Whole Grain Granola<br/>Raisins<br/>100% Fruit Juice<br/>Milk Choice</p>                    | <p>18</p> <p>Whole Grain Smart Choice<br/>Banana Muffin<br/>Giant Cinnamon<br/>Goldfish Grahams<br/>Unsweetened Applesauce<br/>Raisins<br/>Milk Choice</p> |

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| <p style="text-align: right;"><b>21</b></p> <p>MARTIN LUTHER KING DAY<br/>NO SCHOOL</p>  | <p style="text-align: right;"><b>22</b></p> <p>Whole Grain Apple Muffin Top<br/>Cinnamon Grahams<br/>Unsweetened Applesauce<br/>Raisins<br/>Milk Choice</p> | <p style="text-align: right;"><b>23</b></p> <p>Multigrain Cheerios<br/>Whole Grain Cheddar Goldfish<br/>100% Fruit Juice<br/>Raisins<br/>Milk Choice</p>  | <p style="text-align: right;"><b>24</b></p> <p>Sunbutter Cup<br/>Whole Grain Cinnamon<br/>Elf Grahams<br/>100% Fruit Juice<br/>Fresh Apple Slices<br/>Milk Choice</p> | <p style="text-align: right;"><b>25</b></p> <p>Whole Grain Cinnamon<br/>Toast Crunch<br/>Whole Grain<br/>Cinnamon Grahams<br/>100% Apple Juice<br/>Raisins<br/>Milk Choice</p> |
| <p style="text-align: right;"><b>28</b></p> <p>Whole Grain Smart Choice<br/>Banana Muffin<br/>Giant Cinnamon<br/>Goldfish Grahams<br/>Unsweetened Applesauce<br/>Milk Choice</p> | <p style="text-align: right;"><b>29</b></p> <p>Whole Grain Rice Chex<br/>Honey Roasted<br/>Sunflower Seeds<br/>100% Juice<br/>Raisins<br/>Milk Choice</p>   | <p style="text-align: right;"><b>30</b></p> <p>Whole Grain Cinnamon<br/>Toast Crunch<br/>Whole Grain<br/>Cinnamon Grahams<br/>100% Apple Juice<br/>Raisins<br/>Milk Choice<br/><b>EARLY RELEASE</b></p> | <p style="text-align: right;"><b>31</b></p> <p>Whole Grain Banana Muffin<br/>Low Fat Cheese Stick<br/>100% Fruit Juice<br/>Fresh Apple Slices<br/>Milk Choice</p>     |  |

*We serve reduced sugar and whole grains every day!*

*All juices are 100% fruit juice with no added sugar!*

Eating a nutritious breakfast helps everyone fuel up for  
success in the classroom and beyond!

**Breakfast is offered EVERY morning!**

Although we make every effort to  
serve menus as planned, this  
menu may change without notice.

**This Is An Equal Opportunity Institution**