

JANUARY 2019

HOT BREAKFAST MENU GRADES 6-12



ALLERGEN & CARBOHYDRATE INFORMATION


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p style="text-align: right;">1</p> <p>NEW YEAR DAY NO SCHOOL</p>	<p style="text-align: right;">2</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">3</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">4</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p style="text-align: right;">7</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">8</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">9</p> <p>Early Release Day "Build Your Own Breakfast" is served <i>(Please see menu for allergen & carbohydrate information)</i></p>	<p style="text-align: right;">10</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">11</p> <p>Warm Whole Grain Cheese Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Cheese Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p style="text-align: right;">14</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 20 M</p>	<p style="text-align: right;">15</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">16</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">17</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">18</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>

<p style="text-align: right;">21</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: right;">22</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">23</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">24</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">25</p> <p>Warm Whole Grain Sweet Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Sweet Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p style="text-align: right;">28</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 25, 20 M</p>	<p style="text-align: right;">29</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">30</p> <p>Early Release Day "Build Your Own Breakfast" is served</p> <p>(Please see menu for allergen & carbohydrate information)</p>	<p style="text-align: right;">31</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item

Hot Breakfast is offered EVERY morning!

Every Breakfast comes with your choice of milk and fruit!

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

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

This Is An Equal Opportunity Institution