

JANUARY BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

5

6

7

8

9

Vanilla Concha
Cheerios Cereal w/ Honey Grahams
French Toast Sticks

Bagel w/ Cream Cheese
Honey Bunches of Oats Cereal w/ Honey Grahams
Maple Beef Sausage & Pancake Sandwich

Cinnamon Roll
Cheerios Cereal w/ Honey Grahams
Egg & Cheese English Muffin Sandwich

Blueberry Muffin
Honey Bunches of Oats Cereal w/ Honey Grahams
Mini Maple Pancakes

Strawberry Yogurt Parfait w/ Cinnamon Granola
Cinnamon Chex Cereal w/ Honey Grahams
Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit

12

13

14

15

16

Cinnamon Crumble
Honey Bunches of Oats Cereal w/ Honey Grahams
Apple Hand Pie

Mantecada Muffin
Cinnamon Chex Cereal w/ Honey Grahams
Sausage & Cheese Croissant Sandwich

Conchita w/ String Cheese
Cheerios Cereal w/ Honey Grahams
Mini Maple Pancakes

Yogurt w/ Honey Grahams
Cinnamon Chex Cereal w/ Honey Grahams
Sausage & Cheese Stuffed Waffle

Chocolate Chip Muffin Top
Honey Bunches of Oats Cereal w/ Honey Grahams
Maple Beef Sausage & Pancake Sandwich

19

20

21

22

23



Bagel w/ Cream Cheese
Honey Bunches of Oats Cereal w/ Honey Grahams
Maple Beef Sausage & Pancake Sandwich

Cinnamon Roll
Cheerios Cereal w/ Honey Grahams
Egg & Cheese English Muffin Sandwich

Blueberry Muffin
Honey Bunches of Oats Cereal w/ Honey Grahams
Mini Maple Pancakes

Strawberry Yogurt Parfait w/ Cinnamon Granola
Cinnamon Chex Cereal w/ Honey Grahams
Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit

26

27

28

29

30

Cinnamon Crumble
Honey Bunches of Oats Cereal w/ Honey Grahams
Apple Hand Pie

Mantecada Muffin
Cinnamon Chex Cereal w/ Honey Grahams
Sausage & Cheese Croissant Sandwich

Conchita w/ String Cheese
Cheerios Cereal w/ Honey Grahams
Mini Maple Pancakes

Fruit & Yogurt Smoothie w/ Granola
Cinnamon Chex Cereal w/ Honey Grahams
Sausage & Cheese Stuffed Waffle

Chocolate Chip Muffin Top
Honey Bunches of Oats Cereal w/ Honey Grahams
Maple Beef Sausage & Pancake Sandwich

Breakfast Includes:

Featured Fruit:

RevUp Rewards:

Choice of 1% Low Fat White or Fat Free White Milk
Fruit of the Day
Vegetarian
*Cereal Served w/ Honey Grahams
*All Grains Are Whole Grain Rich

Apple (1/2 C), Tangerine (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Pear (1/2 C), Dried Cranberries (1/2 C), Raisins (1/2 C)

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