

January

K-12 UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1	SHELF STABLE Cinnamon Chex/Honey Grahams	Blueberry Burst Whole Grain Bagel/Cream Cheese Breakfast Cinnamon Crumble	Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit Yogurt/Skeeter HONEY Grahams	<ul style="list-style-type: none"> • Apple Muffin • COLD Turkey and Cheddar Brekwich (English Muffin)
8	<ul style="list-style-type: none"> • French Toast Muffin • Zac Omega Bar Blackberry (2.5 oz) (DF) 	<ul style="list-style-type: none"> • Cheerios/Mini Dipperdoodle Bar (DF) • Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> • Blueberry Muffin • Plain Whole Wheat Bagel/Cream cheese 	<ul style="list-style-type: none"> • Lemon Muffin • String Cheese/Skeeter CINN Grahams
No School	<ul style="list-style-type: none"> • Corn Chex/Zac Attack Strawberry (1.35 oz) (DF) • Yogurt/Educational Snacks 	<ul style="list-style-type: none"> • Breakfast Cinnamon Crumble • String Cheese/Skeeter CINN Grahams 	<ul style="list-style-type: none"> • Apple Muffin • Yogurt/Granola/ Fruit 	<ul style="list-style-type: none"> • Zac Omega Bar Strawberry (2.5 oz) (DF) • Plain Whole Wheat Bagel/Cream cheese
22	<ul style="list-style-type: none"> • Dipper Doodle Bar (2.3 oz) (DF) • Skeeter HONEY Grahams/Cinnamon Rumbles (DF) 	<ul style="list-style-type: none"> • String Cheese/Skeeter CINN Grahams • Plain Whole Wheat Bagel/Cream cheese 	<ul style="list-style-type: none"> • Yogurt/Granola/ Fruit • COLD Turkey and Cheddar Brekwich (English Muffin) 	<ul style="list-style-type: none"> • Blueberry Muffin • Multigrain Cheerios/Mini Dipperdoodle Bar (DF) •)
29	<ul style="list-style-type: none"> • Zac Omega Bar Blackberry (2.5 oz) (DF) • Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> • Zee Zees Berry Apple Crisp Bar (DF) • MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF) 	<ul style="list-style-type: none"> • Corn Chex/Zac Attack Strawberry (1.35 oz) (DF) • Lemon Muffin 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese • Breakfast Cinnamon Crumble

Happy New Year!

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider

