



January 2020 Breakfast/Snack Menu

	Mon	Tue	Wed	Thu	Fri	Sat
	Cereals: Cheerios (Wholegrain), Chex, Kix, Honey Bunches of oats, Corn Flakes 100% Fruit Juice: Apple Juice, White Grape Peach, Very Berry, Orange (WG) : Whole Grain (WGR) Whole Grain Rich 1% White Milk Mixed Fruit : Grapes, Cheerries, Peaches		1 NO SCHOOL	2 (wg) French Toast Sticks w/ sausage Pears Milk (wg) Chex Mix Apple Sauce Milk	3 (wg) Cereal Oranges Milk Peaches Milk	4
5	6 (wg) Cereal Apple Sauce Milk Peaches Milk	7 (wg) French Toast Sticks Apple Sauce Milk (wg) Cheese and Crackers Apple Sauce/ Milk	8 (wg) muffins Pineapples Milk Apple Sauce Milk	9 (wg) Cereal Oranges Milk Mixed Fruit Milk	10 (wg) Muffins Peaches Milk (wg) Chex Mix Peaches Milk	11
12	13 (wg) Cereal Mixed Fruit Milk (wg) Chex Mix Apple Sauce Milk	14 (wg) Cereal Pears Milk Peaches Milk	15 (wg) French Toast w/ sausage Pineapples Milk Apple Sauce Milk	16 (wg) Cereal Pineapples Milk Pineapples Milk	17 (wg) Oatmeal Mixed Fruit Milk Mixed Fruit Milk	18
19	20 NO SCHOOL	21 (wg) French Toast Apple Sauce Milk Pears Milk	22 (wg) Cereal Apple Sauce Milk Pineapples Milk	23 (wg) Muffins Peaches Milk Oranges Milk	24 (wg) French Toast Peaches Milk (wg) Muffins / Peaches Milk	25
26	27 (wg) Cereal Pineapples Milk (wg) Cheese & Crackers Apple sauce Milk	28 (wg) French Toast Sticks Mixed Fruit Milk Apple Slices Milk	29 (WG) Cereal Applesauce Milk (WG) Muffin Pears Milk	30 (wg) Oatmeal Pineapples Milk Mixed Fruit Milk	31 (wg) Cereal 100% Fruit Juice Milk Mixed Fruit Milk	

Substitute Menu consists of: Cereal, milk and juice.
 USDA is an equal opportunity provider and employer.
 This menu is subject to change!!!!