



# January 2023 Breakfast Menu "A"



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday                                      |
|--|--|--|---|---|
| <b>DAILY CEREAL OPTION</b>                               |  |  |   |   |
| Frosted Flakes<br>w/ Cinnamon Grahams                    | Apple Jacks<br>w/ Honey Grahams<br><i>(w/ Banana on 1/10 &amp; 1/31)</i> | Frosted Flakes<br>w/ Cinnamon Grahams                  | Fruit Loops<br>w/ Honey Grahams                         | Apple Jacks<br>w/ Honey Grahams             |
| <b>FEATURED ENTRÉE OF THE DAY</b>                        |  |  |   |   |
| 2  | 3  | 4  | 5   | 6   |
| Frosted Flakes<br>w/ Cinnamon Grahams                    | Bean & Cheese Burrito<br><i>Hot Sauce</i>                                | Pan Dulce  | Cinnamon Pancake Stack<br><i>Syrup</i>                  | Banana Bread                                |
| <i>Dried Cranberries (1/2 c)<br/>&amp; Apple (1/2 c)</i> | <i>Banana(1/2 c)<br/>&amp; Pear (1/2 c)</i>                              | <i>100% Fruit Juice (4 oz)<br/>&amp; Apple (1/2 c)</i> | <i>Orange<br/>&amp; Pear (1/2 c)</i>                    | <i>Pear (1/2 c)<br/>&amp; Apple (1/2 c)</i> |
| 9  | 10   | 11   | 12  | 13  |
| Frosted Flakes<br>w/ Cinnamon Grahams                    | Yogurt Parfait w/ Strawberries<br>Honey Grahams                          | Banana Bread   | French Toast Slice                                      | Blueberry Mini Muffin<br>& String Cheese    |
| <i>Dried Cranberries (1/2 c)<br/>&amp; Apple (1/2 c)</i> | <i>Pear (1/2 c)</i>  | <i>100% Fruit Juice (4 oz)<br/>&amp; Apple (1/2 c)</i> | <i>Orange<br/>&amp; Pear (1/2 c)</i>                    | <i>Pear (1/2 c)<br/>&amp; Apple (1/2 c)</i> |
| 16   | 17   | 18   | 19  | 20  |
| <b>MLK HOLIDAY</b>                                       | Mini Maple Waffles   | Mantecada  | Chicken Sausage<br>Breakfast Sandwich<br><i>Ketchup</i> | Cinnamon Roll                               |
|  | <i>Banana(1/2 c)<br/>&amp; Pear (1/2 c)</i>                              | <i>100% Fruit Juice (4 oz)<br/>&amp; Apple (1/2 c)</i> | <i>Orange<br/>&amp; Pear (1/2 c)</i>                    | <i>Pear (1/2 c)<br/>&amp; Apple (1/2 c)</i> |
| 23   | 24   | 25   | 26  | 27  |
| Bagel w/ Cream Cheese                                    | Breakfast Cheese Tamale  | Cranberry Oatmeal Round                                | Cinnamon Pancake Stack<br><i>Syrup</i>                  | Pan Dulce                                   |
| <i>Dried Cranberries (1/2 c)<br/>&amp; Apple (1/2 c)</i> | <i>Banana(1/2 c)<br/>&amp; Pear (1/2 c)</i>                              | <i>100% Fruit Juice (4 oz)<br/>&amp; Apple (1/2 c)</i> | <i>Orange<br/>&amp; Pear (1/2 c)</i>                    | <i>Pear (1/2 c)<br/>&amp; Apple (1/2 c)</i> |
| 30   | 31   | 1  | 2   | 3   |
| Chocolate Chip Muffin Flat                               | Yogurt Parfait w/ Strawberries<br>Honey Grahams                          | Cinnamon Delight                                       | Scrambled Egg<br>Breakfast Sandwich                     | Blueberry Mini Muffin<br>& String Cheese    |
| <i>Dried Cranberries (1/2 c)<br/>&amp; Apple (1/2 c)</i> | <i>Pear (1/2 c)</i>  | <i>100% Fruit Juice (4 oz)<br/>&amp; Apple (1/2 c)</i> | <i>Orange<br/>&amp; Pear (1/2 c)</i>                    | <i>Pear (1/2 c)<br/>&amp; Apple (1/2 c)</i> |

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.