

Granola Bars	1.56 oz	190	29
Cereal – Apple Jacks	.7oz Bowl Pack	70	17
Cereal – Cinn.Toast	1oz Bowl Pack	110	22
Crunch			
Cereal – Cocoa Puffs	.88oz Bowl Pack	90	20
Cereal – Fruit Loops	.67oz Bowl Pack	70	16
Cereal – Frosted	1oz Bowl Pack	100	24
Flakes WG			
Cereal – Cheerios	.7oz Bowl Pack	70	14
Milk – Skim	8oz Carton	80	12
Milk – 1% Lowfat	8oz Carton	100	12
Milk – Skim Choc.	8oz Carton	130	23
Orange Juice	4 oz	55	14.4
Apple Juice	4 oz	57	14.5
Grape Juice	4 oz	77	19
Apple	1 Small Apple	65	17
Banana	1 Petite Banana	98	26.67
Orange	1 Small Orange	68	16.04
Applesauce	½ Cup	63	15.88
Peaches	½ Cup	60	14
Pears	½ Cup	70	18
Mandarin Oranges	½ Cup	90	20
Pineapple Chunks	½ Cup	90	21
Mixed Fruit	½ Cup	60	15
String Cheese	1oz	60	1
Yogurt	4oz	100	20
Nutrigrain Bar	1.31 oz	120	24
Granola Bars	1.56 oz	190	29
PopTart, WG	1 Pastry	180	37
PB & J Jamwich	2.8 oz Sandwich	330	34
Mini Filled Bagel	2.43 oz	230	41
Mini Cinnis	2.29 oz Package	240	40
Assorted Breads	3.4 oz		
Banana		260	45
Chocolate		250	42
Zucchini		260	44
Pumpkin		260	44
Cinnamon		270	46
Blueberry		270	46
Bagel	2 oz	140	29
Cream Cheese	1 oz	60	3

Breakfast Meal \$ 1.90
Reduced \$.25

MENU SUBJECT TO CHANGE

All Grains are Whole Grain Rich

Assorted Cereal, Skim & Low-fat Milk, Fresh & Canned Fruit,
 Yogurt, String Cheese, Granola Bars, Pop Tarts &
 PB & J Jamwich are available daily.

An Alternate Hot Breakfast Will Be Available on Tuesdays & Thursdays.

Item	Portion Size	Calories	Carbs
Pancakes w/ Syrup	2.28oz	220	39
Egg, Cheese & Sausage on Roll	Sandwich	256	19.06
French Toast Sticks & Syrup	3/.97 oz	324	54.63
Canadian Bacon	.76 oz/Slice	35	0
Sausage Link	1 oz/Link	125	.5

JANUARY 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year! Schools Closed	2	3 Egg, Sausage & Cheese on Roll	4
7	8 Egg, Canadian Bacon & Cheese on Roll	9	10 Pancakes with Syrup Sausage Link	11
14	15 French Toast Sticks Canadian Bacon	16	17 Egg, Sausage & Cheese on Roll	18
21 MLK Jr. Day Schools Closed	22	23	24 Pancakes with Syrup Sausage Link	25
28	29 French Toast Sticks Canadian Bacon	30	31 Egg, Sausage & Cheese on Roll	