

# BREAKFAST

# JANUARY 2021

Child Nutrition Pre K – 8th

**HOT  
BIC**



Monday

Tuesday

Wednesday

Thursday

Friday



Yogurt 4 oz. with Granola **4**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Egg & Melted Cheese Sandwich **5**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

French Toast Sticks w/Maple Syrup **6**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Pillsbury Bagel-ful **7**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **8**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Assorted Muffin Loaf **11**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Warm Pancakes w/Maple Syrup **12**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Egg & Melted Cheese Sandwich **13**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Yogurt 4 oz. with Granola **14**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **15**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk



Pillsbury Bagel-ful **19**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Warm Croissant w/Cheese Stick **20**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Warm Pancakes w/Maple Syrup **21**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **22**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Warm Pancakes w/Maple Syrup **25**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Yogurt 4 oz. with Granola **26**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Egg & Melted Cheese Sandwich **27**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

French Toast Sticks w/Maple Syrup **28**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **29**  
1/2 cup 100% Fruit Juice  
1/2 cup Assorted Fruit  
Choice of Milk

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**The U.S.D.A. and NYSED have granted free Breakfast and free Lunch to ALL students until further notice**

Assorted Fruit

Fresh Fruit-1 Piece ex (apple, banana, orange)

Frozen Fruit Cup 1/2 cup

Prepared Fruit Cup 1/2 cup  
Ex. (pear, peach, applesauce)

