


January 2018 Cold Grab 'n' Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
January 1  January 1	January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 5 Banana Muffin* Yogurt Fresh Banana 100% Juice Milk
January 8 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 9 Oatmeal Bar (apple or strawberry)* Yogurt Fresh Apple or Orange 100% Juice Milk	January 10 Bagel* with Cream Cheese Fresh Banana 100% Juice Milk	January 11 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 12 Blueberry Muffin* Yogurt Fresh Banana 100% Juice Milk
January 15 NO SCHOOL	January 16 Oatmeal Bar (apple or strawberry)* Yogurt Fresh Apple or Orange 100% Juice Milk	January 17 Mini Bagels* with Strawberry Cream Cheese Fresh Banana 100% Juice Milk	January 18 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 19 Banana Muffin* Yogurt Fresh Banana 100% Juice Milk
January 22 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 23 Oatmeal Bar (apple or strawberry)* Yogurt Fresh Apple or Orange 100% Juice Milk	January 24 Bagel* with Cream Cheese Fresh Banana 100% Juice Milk	January 25 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 26 Blueberry Muffin* Yogurt Fresh Banana 100% Juice Milk
January 29 Cold Cereal* Graham Crackers* Fresh Apple or Orange 100% Juice Milk	January 30 Oatmeal Bar (apple or strawberry)* Yogurt Fresh Apple or Orange 100% Juice Milk	January 31 Mini Bagels* with Strawberry Cream Cheese Fresh Banana 100% Juice Milk		

FRUIT PLUS SKIM & 1% WHITE MILK AVAILABLE DAILY



*=Whole-grain item

Non-cereal selection may be offered instead of cold cereal

Milk served with breakfast contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

Make Eating School Breakfast a New Year's Resolution!

