



JANUARY 2017

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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2  NO SCHOOL	3 Whole Grain Mini Cinnamon Rolls Fresh Banana Fruit Juice Milk	4 Mini Waffles w/Syrup Mandarin Oranges Fruit Juice Milk	5 Breakfast Pizza Peach Slices Fruit Juice Milk	6 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	7	8
9 French Toast Sticks w/Syrup Fresh Grapes Fruit Juice Milk	10 Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Milk	11 Whole Wheat Bagel w/Toppings Fresh Apple Slices Fruit Juice Milk	12 Crereal Bar String Cheese Mandarin Oranges Fruit Juice Milk	13 Breakfast Pizza Peach Slices Fruit Juice Milk	14	15
16  NO SCHOOL  	17 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	18 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	19 Whole Wheat Doughnut Fresh Strawberries Fruit Juice Milk	20 Whole Grain Mini Cinnamon Rolls Mandarin Oranges Fruit Juice Milk	21	22
23 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Milk	24 Sausage & Cheese Breakfast Biscuit Pineapple Chunks Fruit Juice Milk	25 Scrumptious CoffeeCake Fresh Citrus Fruit Cup Fruit Juice Milk	26 Pancake on a Stick Fresh Grapes Fruit Juice Milk	27 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	28	29
30 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Milk	31 Granola Bar Yogurt Fruit Juice Milk	<b>NOTES:</b> For a quick & healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings. One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it's a great choice for children with celiac disease or wheat allergies. <b>Breakfast:</b> Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese. <b>Pizza:</b> Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano. <b>Chicken:</b> Cubed, cooked chicken (use last night's leftover), microwaved frozen vegetables like corn, peas, and carrots, and low sodium teriyaki sauce. <b>Taco:</b> Ground Beef (browned and drained), shredded cheddar cheese, low-fat sour cream, and salsa.				