



4K Breakfast Menu

January 2020

Winter Break

2

Cheerios

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

3

Blueberry Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

6

Frosted Mini
Wheats

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

7

Banana Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

8

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

9

Yogurt

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

10

Rice Krispies

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

13

Apple Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

14

Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

15

CheX Cereal

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

16

Frosted Mini
Wheats

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

17

Mini Strawberry
Cream Cheese
Bagels

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

20

No School

Martin Luther King

Day

21

Apple Cinnamon
Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

22

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

23

Strawberry Yogurt

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

24

Blueberry Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

27

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

28

Rice Krispies

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

29

Banana Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

30

Strawberry Yogurt

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

31

Frosted Mini
Wheats

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

Start your day off right
Enjoy a FREE breakfast daily!!!

More info...
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