

Winter Break

6

Assorted Cereal
Cheese Stick or Cracker

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

7

Mini Bagels with
Cream Cheese

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

8

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

2

Hard Cooked Egg
Cheese Stick or
Cracker
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

3

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13

Assorted Muffins

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

14

Strawberry Puff Pastry

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15

Bagel with Cream
Cheese
Yogurt
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

16

Assorted Cereal

Cheese Stick or Cracker
Yogurt
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

17

Hard Cooked Egg

Yogurt
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20

No School

Martin Luther King

Day

21

Hard Cooked Egg
Cheese Stick or
Cracker
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

22

Benefit Bar

Cereal Assortment
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

23

Strawberry Puff
Pastry
Yogurt
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

24

Assorted Cereal

Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

27

Assorted Cereal
Graham Crackers

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

28

Strawberry Puff Pastry
Assorted Cereal

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

29

Fresh Baked
Cinnamon Roll
Cheese Stick
Fresh Fruit or
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

30

Assorted Muffins
Yogurt

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

31

Assorted Cereal
Scooby Crackers

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:

KEEP ACTIVE
+ WALK MORE
+ ALL DAY

= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**