

**31**  
No School  
Winter Break

**1**  
No School  
Winter Break

**2**  
Yogurt  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**3**  
Trix Cereal  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**4**  
Mini Cinnamon Rolls  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**7**  
Pancake Wrap  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**8**  
Benefit Bar  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**9**  
Golden Graham Cereal Bar  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**10**  
Cinnamon Cream Cheese Bagel  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**11**  
Fiesta Egg & Cheese Sandwich  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**14**  
Cinnamon UBR  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**15**  
Fruity Cheerios  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**16**  
Cinnamon Cream Cheese Bagel  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**17**  
Cocoa Puffs  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**18**  
No School

**21**  
No School  
MLK Day

**22**  
Pancake Wrap  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**23**  
Benefit Bar  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**24**  
Cinnamon Toast Crunch  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**25**  
Apple Frudel  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**28**  
Maple Mini Waffle  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**29**  
Chocolate UBR  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**30**  
Lucky Charms Cereal  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**31**  
Mini Strawberry Bagels  
Fresh Fruit or Craisins  
100% Fruit Juice  
Choice of  
1% Unflavored Milk  
Unflavored Skim Milk

**1**  
Egg & Cheese Slider  
Fresh Fruit or Craisins  
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!**