the	nes re	fresh. refuel.	relax.	Breakfast January 2019
31	1	2 Vogurt	3	4 Mini Oinnemen Dalla
No School	No School	Yogurt	Trix Cereal	Mini Cinnamon Rolls
Winter Break	Winter Break	Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk	Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk	Fresh Fruit or Craisins 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk
7	8	9	10	11
Pancake Wrap Fresh Fruit or Craisins	Benefit Bar Fresh Fruit or Craisins	Golden Graham Cereal Bar	Cinnamon Cream Cheese Bagel	Fiesta Egg & Cheese Sandwich
100% Fruit Juice Choice of	100% Fruit Juice Choice of	Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins 100% Fruit Juice
1% Unflavored Milk Unflavored Skim Milk	1% Unflavored Milk Unflavored Skim Milk	Choice of 1% Unflavored Milk	Choice of 1% Unflavored Milk	Choice of 1% Unflavored Milk
		Unflavored Skim Milk	Unflavored Skim Milk	Unflavored Skim Milk
14	15	16	17	18
Cinnamon UBR	Fruity Cheerios	Cinnamon Cream	Cocoa Puffs	
Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins 100% Fruit Juice	Cheese Bagel Fresh Fruit or Craisins	Fresh Fruit or Craisins 100% Fruit Juice	No School
Choice of 1% Unflavored Milk	Choice of 1% Unflavored Milk	100% Fruit Juice Choice of	Choice of 1% Unflavored Milk	
Unflavored Skim Milk	Unflavored Skim Milk	1% Unflavored Milk Unflavored Skim Milk	Unflavored Skim Milk	
21	22	23	24	25
No School	Pancake Wrap	Benefit Bar	Cinnamon Toast	Apple Frudel
	Fresh Fruit or Craisins	Fresh Fruit or Craisins	Crunch	Fresh Fruit or Craisins
MLK Day	100% Fruit Juice Choice of	100% Fruit Juice Choice of	Fresh Fruit or Craisins 100% Fruit Juice	100% Fruit Juice Choice of
	1% Unflavored Milk Unflavored Skim Milk	1% Unflavored Milk Unflavored Skim Milk	Choice of 1% Unflavored Milk	1% Unflavored Milk Unflavored Skim Milk
			Unflavored Skim Milk	
28	29	30	31	1
Maple Mini Waffle	Chocolate UBR	Lucky Charms Cereal	Mini Strawberry Bagels	Egg & Cheese Slider
Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins 100% Fruit Juice	Fresh Fruit or Craisins	Fresh Fruit or Craisins 100% Fruit Juice
Choice of 1% Unflavored Milk	Choice of 1% Unflavored Milk	Choice of 1% Unflavored Milk	100% Fruit Juice Choice of	Choice of 1% Unflavored Milk
Unflavored Skim Milk	Unflavored Skim Milk	Unflavored Skim Milk	1% Unflavored Milk Unflavored Skim Milk	Unflavored Skim Milk
CHALLENGE YOURSELF:				
KEEP ACTIVE Start your day off right with a				
+	WALK MORE + ALL DAY		althy, Balanced	•

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