

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 Pancake on a Stick fruit Cocktail Fruit Juice Choice Milk Choice	5 Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk Choice	6 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk Choice	7 Whole Grain Muffin Tropical Fruit Fruit Juice Choice Milk Choice	8
9	10 Mini Waffles w/ syrup Fresh Pinapple Fruit Juice Choice Milk Choice	11 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	12 WW Bagel w/ Toppings Fresh Strawberries Fruit Juice Choice Milk Choice	13 Breakfast Pita w. Tomato Salsa Sliced Pears Fruit Juice Choice Milk Choice	14 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice	15
16	17 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk Choice	18 Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	19 Cinnamon Toast Fresh Citrus Fruit Cup Fruit Juice Choice Milk Choice	20 Western Omelet Quesadilla w/ Tomato Salsa Fresh Grapes Fruit Juice Choice Milk Choice	21 French Toast Sticks w/ Syrup Fruit Cocktail Fruit Juice Choice Milk Choice	22
23	24 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk Choice	25 Mini Waffles w/ Syrup Apricot Halves Fruit Juice Choice Milk Choice	26 Breakfast Pizza Peach Slices Fruit Juice Choice Milk Choice	27 Excellent Egg Taco w/ Tomato Salsa Graham Snacks Fruit Juice Choice Milk Choice	28 Whole Grain Muffin Rosy Apple Sauce Fruit Juice Choice Milk Choice	29
30	31 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk Choice					