

# January

2021

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday |
|--------|--|---|--|---|--|----------|
|        |  |   |  |   | 1  | 2        |
| 3      | 4  | 5<br>Mini Waffles w/<br>Syrup<br>Fresh Pineapple<br><br>Fruit Juice Choice<br>Milk Choice | 6<br>Star Spangled<br>Pancakes<br>Sausage Patty<br>Tropical Fruit<br><br>Fruit Juice Choice<br>Milk Choice | 7<br>WW Bagel<br>w/ Toppings<br>Fresh Strawberries<br><br>Fruit Juice Choice<br>Milk Choice                         | 8<br>Breakfast Pita<br>w/ Tomato Salsa<br>Sliced Pears<br><br>Fruit Juice Choice<br>Milk Choice  | 9        |
| 10     | 11<br>Whole Grain Cereal<br>Yogurt Cup<br>Fresh Apple<br><br>Fruit Juice Choice<br>Milk Choice       | 12<br>Biscuit & Gravy<br>Pineapple<br>Chunks<br><br>Fruit Juice Choice<br>Milk Choice     | 13<br>Cinnamon Toast<br>Fresh Citrus<br>Fruit Cup<br><br>Fruit Juice Choice<br>Milk Choice                 | 14<br>Western Omelet<br>Quesadilla<br>w/ Tomato Salsa<br>Fresh Grapes<br><br>Fruit Juice Choice<br>Milk Choice      | 15<br>French Toast<br>Sticks w/ Syrup<br>Fruit Cocktail<br><br>Fruit Juice Choice<br>Milk Choice | 16       |
| 17     | 18<br>Whole Grain<br>Cinnamon Roll<br>Fresh Banana<br><br>Fruit Juice Choice<br>Milk Choice          | 19<br>Mini Waffles w/<br>syrup<br>Apricot Halves<br><br>Fruit Juice Choice<br>Milk Choice | 20<br>Breakfast Pizza<br>Peach Slices<br><br>Fruit Juice Choice<br>Milk Choice                             | 21<br>Excellent Egg Taco<br>w/ Tomato Salsa<br>Graham Snacks<br>Fresh Kiwi<br><br>Fruit Juice Choice<br>Milk Choice | 22<br>Whole Grain<br>Muffin<br>Rosy Applesauce<br><br>Fruit Juice Choice<br>Milk Choice          | 23       |
| 24     | 25<br>Whole Grain<br>Cereal<br>Sausage Patty<br>Diced Pears<br><br>Fruit Juice Choice<br>Milk Choice | 26<br>Biscuit & Gravy<br>Fresh Oranges<br><br>Fruit Juice Choice<br>Milk Choice           | 27<br>Kansas Granola<br>Bar<br>Apricot Halves<br><br>Fruit Juice Choice<br>Milk Choice                     | 28<br>Chicken Biscuit<br>Breakfast<br>Sandwich<br>Fresh Mixed Fruit<br>Cup<br>Fruit Juice Choice<br>Milk Choice     | 29<br>Pancake on a<br>Stick<br>Fresh<br>Strawberries<br><br>Fruit Juice Choice<br>Milk Choice    | 30       |
| 31     |  |   |  |   |  |          |