

BREAKFAST JANUARY 2012

Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Granola Bar Cereal Juice Milk 2	Muffins Cereal Juice Milk 3	Bagels Cream Cheese Cereal Juice Milk 4	Cinnamon Roll Cereal Juice Milk 5	Peanut Butter & Jelly sandwich Cereal Juice Milk 6
Mini Doughnuts Cereal Juice Milk 9	Muffins Cereal Juice Milk 10	Bagels Cream Cheese Cereal Juice Milk 11	Cinnamon Roll Cereal Juice Milk 12	Peanut Butter & Jelly sandwich Cereal Juice Milk 13
Martin Luther King Day 16	Muffins Cereal Juice Milk 17	Bagels Cream Cheese Cereal Juice Milk 18	Cinnamon Roll Cereal Juice Milk 19	Peanut Butter & Jelly sandwich Cereal Juice Milk 20
Mini Doughnuts Cereal Juice Milk 23	Muffins Cereal Juice Milk 24	Bagels Cream Cheese Cereal Juice Milk 25	Cinnamon Roll Cereal Juice Milk 26	Peanut Butter & Jelly sandwich Cereal Juice Milk 27
Mini Doughnuts Cereal Juice Milk 30	Muffins Cereal Juice Milk 31	<p>BREAKFAST FACT In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast.¹</p>		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



School Information:

- Type your school information here.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog Salad Fruit Choice of Milk	3 Hot Dog Salad Fruit Choice of Milk	4 Sloppy Joe Mixed Salad with Cherry Tomatoes Fruit Choice of Milk	5 Bean & Cheese Burritos Spanish Rice Carrots Raisin Salad Fruit Choice of Milk	6 Cheese Pizza Mixed Salad w/Cherry Tomatoes Fruit Cookies Choice of milk
9 Hot Dog Mixed Salad w/cherry Tomatoes Fruit Choice of Milk	10 Mac & Cheese Whole Wheat Bread Salad Fruit cookies Choice of Milk	11 Chicken Nuggets Mexicali Corn Cream Gravy Wheat Bread Fruit Choice Of milk	12 Baked Fish Salad Baked Beans Whole Wheat Bread Fruit Choice of Milk	13 Cheese Pizza Mixed Salad w/Cherry Tomatoes Fruit Cookies Choice of milk
16 Martin Luther King Day	17 Spaghetti w/ Meat Sauce Roll Salad Choice of Milk	18 Nachos w/ Ground Beef Spanish Rice Salad Fruit Choice of Milk	19 Bean & Cheese Burritos Spanish Rice Carrots Raisin Salad Fruit Choice of Milk	20 Cheese Pizza Mixed Salad w/Cherry Tomatoes Fruit Cookies Choice of milk
23 Corn Dog Salad Fruit Choice of Milk	24 Mac & Ground Beef Whole Wheat Bread Salad Fruit Choice of Milk	25 Chicken Burger Whole Wheat Bun Carrots & Raisin Salad Fruit Choice of Milk	26 Baked Fish Salad Baked Beans Whole Wheat Bread Fruit Choice of Milk	27 Cheese Pizza Mixed Salad w/Cherry Tomatoes Fruit Cookies Choice of milk
30 Chicken Nuggets Mexicali Corn Cream Gravy Whole Wheat Bread Fruit Choice Of milk	31 Beef Tacos Pinto Beans Fruit Choice of milk	<div style="border: 1px solid black; padding: 5px;"> <p>School Information:</p> <ul style="list-style-type: none"> Space available for your topic of choice. </div>		

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