Salem High School Breakfast Menu: JANUARY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

1/1 No School: No breakfast Served

MONDAY

1/8

Choice of:

Whole Grain Muffin

Egg & Cheese Stuffed

Hashbrown

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/ Milk

1/2

No School: No breakfast Served

1/8

Choice of:

Sausage Egg and Cheese

on whole wheat English

Muffin, Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice, Milk

1/3

Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

1/9

Choice of:

Whole Grain Muffin

Egg & Cheese Stuffed

Hashbrown

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice/ Milk

1/17

Choice of:

Whole Grain Bagel with

Cream Cheese

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/Milk

1/24

Choice of:

Whole Grain Muffin

Egg & Cheese Stuffed

Hashbrown
Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

1/5

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/10

Choice of:

Sausage Egg and Cheese

on whole wheat Croissant

Assorted Cereals Breakfast Bar Variety Yogurt Parfait

Assorted Fruit

luice. Milk

1/18

1/6

MONTH

January

Apples are a great addition to breakfast!

Apples are a quick source of energy, as they

contain natural sugars that can help to

jump-start your day

Breakfast Benefit:

By eating breakfast, students get more

important nutrients, vitamins and

minerals such as calcium, dietary fiber,

folate and protein.

The 3 Components of School Breakfast

Fruit

Students must choose at least 3 items

(including ½ cup fruit and/or vegetable)

Choice of: **Bubble Bread Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit luice/Milk

1/11

Choice of: Whole Grain Cinnamon Roll **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait **Assorted Fruit** luice/Milk

1/19

Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk

1/26

Choice of: Whole Grain Apple Pastry Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/25

Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

2/1

Choice of:

Sausage Egg and Cheese on whole wheat English

Muffin, Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice, Milk

Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Yogurt Parfait Assorted Fruit

2/2

Breakfast Bar Variety Juice/ Milk

1/15

Schools Closed: No lunch Served

1/22

Choice of:

Assorted Cereals

Egg & Cheese Stuffed

Hashbrown

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice, Milk

1/29

Choice of:

Assorted Cereals

Egg & Cheese Stuffed

Hashbrown

Breakfast Bar Variety

Yogurt Parfait

1/16

Choice of: **Assorted Cereals** Egg & Cheese Stuffed Hashbrown **Breakfast Bar Variety** Yogurt Parfait Assorted Fruit

luice, Milk

1/23

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit luice, Milk

1/30

Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit Juice, Milk

Choice of: Bread Yogurt Parfait Assorted Fruit Juice/Milk

Juice/ Milk 1/31

Whole Grain Bubble Assorted Cereals Breakfast Bar Variety

All grain products are whole grain rich

 Meats are lean and cheeses are low fat A variety of fresh fruits and vegetables offered daily!

Milks Offered Daily Skim Milk: >0.5% Fat 1% Milk: 1% Fat

Assorted Fruit Juice, Milk

Daily Vegetarian Grab and Go Lunch Options: Sun Butter and Jelly Sandwich V Yogurt and Granola Grab and Go **Hummus and Veggie Grab and Go**

Collins Middle School Breakfast Menu: JANUARY

No School: No breakfast Served

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

1/1

MONDAY

1/2

No School: No breakfast Served

1/3

Choice of: Whole Grain Muffin **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

1/5

Choice of: Sausage Egg and Cheese on whole wheat English Muffin . Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit luice, Milk

1/6

Choice of: **Bubble Bread Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit luice/Milk

January

HARVEST

the MONTH

Fun Fact: Apples are a great addition to breakfast! Apples are a quick source of energy, as they contain natural sugars that can help to jump-start your day

> **Breakfast Benefit:** By eating breakfast, students get more

important nutrients, vitamins and

minerals such as calcium, dietary fiber,

folate and protein.

The 3 Components of School Breakfast

Fruit

Students must choose at least 3 items

(including ½ cup fruit and/or vegetable)

1/8

Choice of: Whole Grain Muffin **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit luice/ Milk

1/15

Schools Closed: No

lunch Served

1/8

Choice of: Sausage Egg and Cheese on whole wheat English Muffin . Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit luice, Milk

1/9

Choice of: Whole Grain Muffin **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit Juice/Milk

1/10

Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals Breakfast Bar Variety Yogurt Parfait** Assorted Fruit Juice, Milk

Choice of: Whole Grain Cinnamon Roll **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit luice/Milk

1/11

1/16

Choice of: **Assorted Cereals Breakfast Bar Variety Yogurt Parfait** Assorted Fruit

1/17

Choice of: Whole Grain Bagel with Cream Cheese **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

1/18

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety **Yogurt Parfait** Assorted Fruit Juice, Milk

Choice of: **Assorted Cereals** Yogurt Parfait Assorted Fruit

1/19

Whole Grain Muffin **Breakfast Bar Variety** Juice/Milk

1/22

Choice of: **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit Juice, Milk

1/23

luice. Milk

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/24

Choice of: Whole Grain Muffin **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit luice/Milk

1/25

Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals** Breakfast Bar Variety **Yogurt Parfait** Assorted Fruit Juice, Milk

1/26

Choice of: Whole Grain Apple Pastry Assorted Cereals Breakfast Bar Variety **Yogurt Parfait Assorted Fruit** luice/Milk

1/29

Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety **Yogurt Parfait** Assorted Fruit luice/Milk

1/30

Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit Juice, Milk

1/31

Choice of: Whole Grain Bubble Bread **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

2/1

Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals **Breakfast Bar Variety Yogurt Parfait** Assorted Fruit luice, Milk

2/2

Choice of: Whole Grain Muffin **Assorted Cereals Breakfast Bar Variety Yogurt Parfait** Assorted Fruit luice/Milk

Milks Offered Daily 1% Milk: 1% Fat

Daily Vegetarian Grab and Go Lunch Options: Sun Butter and Jelly Sandwich V

Yogurt and Granola Grab and Go **Hummus and Veggie Grab and Go**

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!

Skim Milk: >0.5% Fat

Pre-K, ECC, & Pathways Breakfast Menu: JANUARY

WEDNESDAY THURSDAY TUESDAY FRIDAY MONDAY 1/3 1/5 1/2 1/1 1/6 No School: No breakfast Served Whole Grain Low Sugar No School: No breakfast Served Whole Grain Low Sugar Assorted Whole Grain. Frosted Mini Wheats Cheerios **Low Sugar Cereals Apple Slices** Assorted Fruit Peach Assorted Fruit Assorted Fruit luice Juice Juice, Milk Milk Milk 1/9 1/10 1/8 1/11 1/8 Whole Grain Low Sugar Whole Grain Blueberry Assorted Whole Grain. Whole Grain Low Sugar Whole Grain Low Sugar Cinnamon Toast Crunch Cheerios Muffin Low Sugar Cereals Rice Chex **Orange Slices Apple Slices** Assorted Fruit **Diced Peaches** Banana Assorted Fruit Assorted Fruit Juice **Assorted Fruit** Assorted Fruit luice luice Milk Juice Juice Milk Milk Milk Milk 1/17 1/16 1/18 1/19 1/15 Choice of: Choice of: Choice of: Schools Closed: No Whole Grain Bagel with Sausage Egg and Cheese Choice of: Whole Grain Muffin lunch Served Cream Cheese on whole wheat English **Assorted Cereals** Assorted Cereals Assorted Cereals Muffin, Assorted Cereals **Breakfast Bar Variety Breakfast Bar Variety** Breakfast Bar Variety Breakfast Bar Variety **Yogurt Parfait** Yogurt Parfait Yogurt Parfait Yogurt Parfait Assorted Fruit Assorted Fruit Assorted Fruit Assorted Fruit luice. Milk luice/Milk luice/Milk Juice, Milk 1/23 1/24 1/25 1/26 1/22 Choice of: Choice of: Choice of: Choice of: Whole Grain Apple Sausage Egg and Cheese Sausage Egg and Cheese Choice of: Whole Grain Muffin on whole wheat English on whole wheat Croissant **Pastry Assorted Cereals Assorted Cereals** Assorted Cereals **Assorted Cereals** Muffin, Assorted Cereals **Breakfast Bar Variety Breakfast Bar Variety Breakfast Bar Variety Breakfast Bar Variety** Breakfast Bar Variety **Yogurt Parfait** Yogurt Parfait **Yogurt Parfait** Yogurt Parfait **Yogurt Parfait** Assorted Fruit Assorted Fruit Assorted Fruit Assorted Fruit Assorted Fruit Juice, Milk luice/Milk Juice, Milk Juice/Milk luice. Milk 2/1 1/30 1/31 2/2 1/29 Choice of: Choice of: Choice of: Choice of: Sausage Egg and Cheese Whole Grain Bubble Sausage Egg and Cheese Whole Grain Muffin on whole wheat Croissant on whole wheat English Bread **Assorted Cereals** Muffin. Assorted Cereals **Assorted Cereals Assorted Cereals Breakfast Bar Variety** Breakfast Bar Variety Breakfast Bar Variety **Breakfast Bar Variety Yogurt Parfait Yogurt Parfait** Yogurt Parfait Yogurt Parfait Assorted Fruit Assorted Fruit Assorted Fruit Assorted Fruit

Daily Vegetarian Grab and Go Lunch Options:

Juice, Milk

Sun Butter and Jelly Sandwich V Yogurt and Granola Grab and Go **Hummus and Veggie Grab and Go**

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat

Juice/Milk

A variety of fresh fruits and vegetables offered daily!



luice, Milk

Milks Offered Daily Skim Milk: >0.5% Fat 1% Milk: 1% Fat

luice/Milk

Breakfast Benefit:

MONTH

By eating breakfast, students get more important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

January

Fun Fact:

Apples are a great addition to breakfast!

Apples are a quick source of energy, as they

contain natural sugars that can help to

jump-start your day

The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)



New Liberty & Prep Breakfast Menu: JANUARY

MONDAY 1/1 No School: No Breakfast Served HAPPY NEW YEAR 1/8 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk 1/15 Schools Closed: No **Breakfast Served**

1/22

Choice of:

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice, Milk

1/29

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V

Yogurt and Granola Grab and Go

Hummus and Veggie Grab and Go

Assorted Fruit luice. Milk 1/23 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety

TUESDAY

1/2

No School: No Breakfast Served

1/8

Choice of:

Sausage Egg and Cheese

on whole wheat English

Muffin, Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice, Milk

1/16

Choice of:

Assorted **Cereals**

Breakfast Bar

Variety

Yogurt Parfait

1/30 Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

WEDNESDAY THURSDAY

1/3 Choice of: Whole Grain Muffin **Assorted Cereals** Breakfast Bar Variety Yogurt Parfait Assorted Fruit luice/Milk

1/9

Choice of:

Whole Grain Muffin

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/Milk

1/17

Choice of:

Whole Grain Bagel with

Cream Cheese

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice/Milk

1/24

Choice of:

Whole Grain Muffin

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/Milk

Choice of:

Whole Grain Bubble

Bread

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/Milk

1/31

1/5 Choice of: Sausage Egg and Cheese on whole wheat **English Muffin** Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/10 Choice of: Sausage Egg and Cheese on whole wheat Croissant **Assorted Cereals Breakfast Bar Variety Yogurt Parfait** Assorted Fruit luice, Milk

1/18 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/25 Choice of: Sausage Egg and Cheese Whole Grain Apple Pastry on whole wheat Croissant **Assorted Cereals** Breakfast Bar Variety **Yogurt Parfait** Assorted Fruit Juice, Milk

2/1 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

1/26 Choice of: Assorted Cereals **Breakfast Bar Variety** Yogurt Parfait Assorted Fruit

Juice/Milk

2/2

Choice of: Whole Grain Muffin **Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit Juice/Milk

FRIDAY of MONTH **Bubble Bread Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit

1/6

Choice of:

luice/Milk

1/11

Choice of:

Whole Grain

Cinnamon Roll

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

Juice/Milk

1/19

Choice of:

Whole Grain Muffin

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

luice/Milk

Fun Fact: Apples are a great addition to breakfast! Apples are a quick source of energy, as they contain natural sugars that can help to jump-start your day

January

Breakfast Benefit: By eating breakfast, students get more important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)



Yogurt Parfait Assorted Fruit luice, Milk

All grain products are whole grain rich

Meats are lean and cheeses are low fat

A variety of fresh fruits and vegetables offered daily!

Milks Offered Daily Skim Milk: >0.5% Fat 1% Milk: 1% Fat

Elementary School Breakfast Menu: JANUARY

TUESDAY WEDNESDAY THURSDAY FRIDAY MONDAY 1/5 1/2 1/3 1/1 1/6 the MONTH Whole Grain Low Sugar No School: No breakfast Served No School: No breakfast Served Whole Grain Bubble Apple Cinnamon Assorted Whole Grain, **Bread** Cheerios Low Sugar **Cereals** Banana Graham Cracker Assorted Fruit Assorted Fruit Apple luice luice Assorted Fruit Milk Milk Juice, Milk 1/9 1/10 1/8 1/11 1/8 January Whole Grain Mini Low Whole Grain Low Sugar Whole Grain **Cinnamon** Sugar Frosted Mini Whole Grain Blueberry Assorted Whole Grain. **Fun Fact: Cocoa Puffs** Wheat Roll Muffin Low Sugar **Cereals** Apples are a great addition to breakfast! **Graham Cracker** Graham Cracker Plum **Orange Wedges** Assorted Fruit Apples are a quick source of energy, as they Pear Assorted Fruit Banana Assorted Fruit Juice contain natural sugars that can help to **Assorted Fruit** Assorted Fruit Milk jump-start your day luice luice luice Milk Juice Milk Milk Milk **Breakfast Benefit:** By eating breakfast, students get more 1/17 important nutrients, vitamins and 1/16 1/18 1/19 1/15 minerals such as calcium, dietary fiber, folate and protein. Schools Closed: No Whole Grain Low Sugar lunch Served Whole Grain Bagel with Whole Grain Low Sugar Assorted Whole Grain, Apple Jacks The 3 Components of School Breakfast Apple Roll Pastry Cream Cheese Low Sugar Cereals Peach Mandarin Orange Assorted Fruit Pear Assorted Fruit Assorted Fruit Assorted Fruit luice luice luice Milk Juice, Milk Milk Milk 1/24 1/25 1/26 1/22 1/23 Whole Grain Low Sugar Fruit Whole Grain Blueberry Whole Grain Low Sugar Multigrain Cheerios Cocoa Puffs Assorted Whole Grain. **Cinnamon Roll** Muffin Cheese Stick Graham Cracker Low Sugar **Cereals Orange Wedges** Banana Apple Assorted Fruit Banana Assorted Fruit Assorted Fruit **Assorted Fruit** Assorted Fruit luice luice luice luice Milk luice Milk Milk Milk Milk 1/31 2/1 2/2 1/30 1/29 Students must choose at least 3 items Whole Grain Low Sugar Whole Grain Low Sugar Whole Grain Corn Muffin (including ½ cup fruit and/or vegetable) Whole Grain Bagel with Cinnamon Chex **Frosted Flakes** Assorted Whole Grain. Apple Slices **Cream Cheese** Graham Cracker **Graham Cracker** Low Sugar **Cereals** Assorted Fruit

Daily Vegetarian Grab and Go Lunch Options: Sun Butter and Jelly Sandwich V

Applesauce

Assorted Fruit

luice

Milk

Yogurt and Granola Grab and Go **Hummus and Veggie Grab and Go**

Applesauce

Assorted Fruit

luice

Milk

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat

luice

Milk

A variety of fresh fruits and vegetables offered daily!



Pear

Assorted Fruit

Juice, Milk

Milks Offered Daily 1% Milk: 1% Fat

Skim Milk: >0.5% Fat

Assorted Fruit

Juice

Milk