Salem High School Breakfast Menu: JANUARY

No School: No breakfast Served

TUESDAY

WEDNESDAY THURSDAY

1/3

1/4

FRIDAY

MONDAY

1/1

1/2 No School: No breakfast Served

Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown 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

1/5 Choice of: **Bubble Bread Assorted Cereals Breakfast Bar Variety** Yogurt Parfait Assorted Fruit luice/Milk

1/12

Choice of:

Whole Grain Cinnamon

Roll

Assorted Cereals

Breakfast Bar Variety

January

MONTH

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,

1/8

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

1/9

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

1/10

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

1/11

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

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

1/15

Schools Closed: No lunch Served

1/16

Choice of: **Assorted Cereals** Egg & Cheese Stuffed Hashbrown **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 Tuice/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

1/18

1/26

Juice/ Milk

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

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

Assorted Fruit

Juice, Milk

Hummus and Veggie Grab and Go

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

1/24

Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown ' 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 Juice, Milk

2/2

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

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



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

folate and protein. The 3 Components of School Breakfast

Fruit

Students must choose at least 3 items

(including ½ cup fruit and/or vegetable)



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

1/4

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

1/5

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

Whole Grain Cinnamon

Roll

Assorted Cereals

Breakfast Bar Variety

Yogurt Parfait

Assorted Fruit

1/12 January Choice of:

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

1/9

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

1/10

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

1/11

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

luice/Milk 1/19

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

1/15

Schools Closed: No lunch Served

1/16

Choice of: **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

1/18

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

Juice/Milk

1/22

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

1/23

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 Skim Milk: >0.5% Fat 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!

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

WEDNESDAY THURSDAY TUESDAY FRIDAY MONDAY 1/3 1/4 1/2 1/1 1/5 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 1/10 1/11 1/9 1/12 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 **Assorted Fruit** Assorted Fruit luice luice luice Milk Juice Juice Milk Milk Milk Milk 1/17 1/18 1/19 1/15 1/16 Schools Closed: No Whole Grain Low Sugar Whole Grain Low Sugar Assorted Whole Grain Whole Grain Bagel with lunch Served Cinnamon Chex Cheerios Low Sugar Cereals Cream Cheese Banana Orange Wedges Assorted Fruit Diced Peaches **Assorted Fruit** Assorted Fruit luice **Assorted Fruit** luice luice Milk Juice, Milk Milk Milk 1/25 1/26 1/23 1/24 1/22 Whole Grain Low Sugar Low Sugar Multigrain Whole Grain Low Sugar Assorted Whole Grain Whole Grain Apple Cinnamon Chex Cheerios Frosted Mini Wheats Cinnamon Muffin Low Sugar Cereals Sliced Pears **Applesauce Apple Slices** Assorted Fruit Mandarin Orange **Assorted Fruit** Assorted Fruit Assorted Fruit luice Assorted Fruit luice luice luice Milk luice Milk Milk Milk Milk 2/1 1/30 1/31 2/2 1/29 Whole Grain Low Sugar Low Sugar Multigrain Whole Grain Low Sugar Assorted Whole Grain Cheerios Blueberry Chex Whole Grain Corn Muffin Cinnamon Toast Crunch Low Sugar Cereals Diced Peaches Applesauce Strawberry Cup Banana Assorted Fruit Assorted Fruit Assorted Fruit Assorted Fruit **Assorted Fruit** luice luice luice luice luice Milk Milk Milk Milk 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**

- 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 1% Milk: 1% Fat



Students must choose at least 3 items

(including ½ cup fruit and/or vegetable)

of MONT

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

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

Skim Milk: >0.5% Fat

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 1/4 1/2 1/3 1/1 1/5 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 1/10 1/11 1/9 1/12 1/8 Whole Grain Mini Low Whole Grain Low Sugar Whole Grain **Cinnamon** Sugar Frosted Mini Whole Grain Blueberry Assorted Whole Grain. **Cocoa Puffs** Wheat Roll Muffin Low Sugar **Cereals Graham Cracker Graham Cracker** Assorted Fruit Banana **Orange Wedges** Pear Assorted Fruit Apple Assorted Fruit Juice Assorted Fruit Assorted Fruit Milk jump-start your day luice luice luice Milk luice Milk Milk Milk 1/17 1/16 1/18 1/19 1/15 Schools Closed: No Whole Grain Low Sugar lunch Served Whole Grain Bagel with Whole Grain Low Sugar Assorted Whole Grain, Apple Jacks Apple Roll Pastry Cream Cheese Low Sugar Cereals Peach Orange Assorted Fruit Banana 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 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 Pear 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 Whole Grain Low Sugar Whole Grain Low Sugar Whole Grain Bagel with **Frosted Flakes** Whole Grain Corn Muffin Cinnamon Chex Assorted Whole Grain. **Cream Cheese**

Daily Vegetarian Grab and Go Lunch Options:

Graham Cracker

Banana

Assorted Fruit

luice

Milk

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

Graham Cracker

Apple

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!



Pear

Assorted Fruit

Juice, Milk

Milks Offered Daily 1% Milk: 1% Fat

Skim Milk: >0.5% Fat

Low Sugar **Cereals**

Assorted Fruit

Juice

Milk

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

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





Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.

Apple Slices

Assorted Fruit

luice

Milk