

Salem High School Breakfast Menu : JANUARY

MONDAY

1/1

No School: No breakfast Served



1/8

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

TUESDAY

1/2

No School: No breakfast Served

1/9

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
Egg & Cheese Stuffed
Hashbrown
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

1/30

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

WEDNESDAY

1/3

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

1/10

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
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

THURSDAY

1/4

Choice of:
Sausage Egg and Cheese
on whole wheat English
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

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
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

FRIDAY

1/5

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

1/12

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

1/19

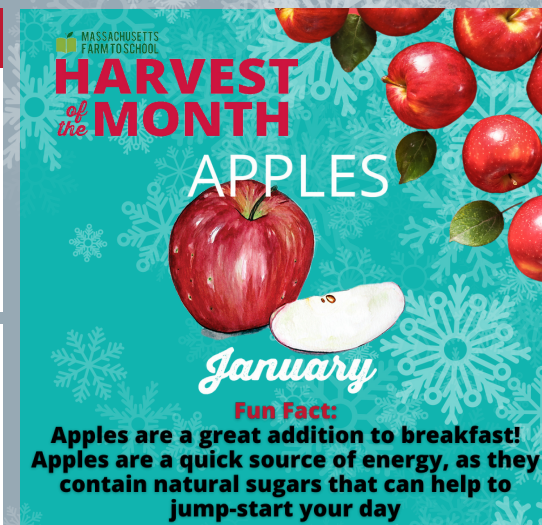
Choice of:
Whole Grain Muffin
Egg & Cheese Stuffed
Hashbrown
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/ Milk

1/26

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

2/2

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



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)

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

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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



Collins Middle School Breakfast Menu: JANUARY

MONDAY

1/1

No School: No breakfast Served



1/8

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

1/15

Schools Closed: No
lunch Served

1/22

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

1/29

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

TUESDAY

1/2

No School: No breakfast Served

1/9

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
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

1/30

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

WEDNESDAY

1/3

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

1/10

Choice of:
Whole Grain Muffin
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
Juice/Milk

1/24

Choice of:
Whole Grain Muffin
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

THURSDAY

1/4

Choice of:
Sausage Egg and Cheese
on whole wheat English
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

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
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

FRIDAY

1/5

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

1/12

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

1/19

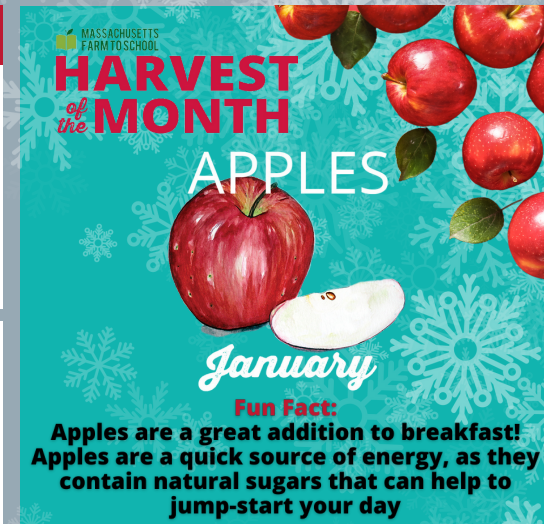
Choice of:
Whole Grain Muffin
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

1/26

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

2/2

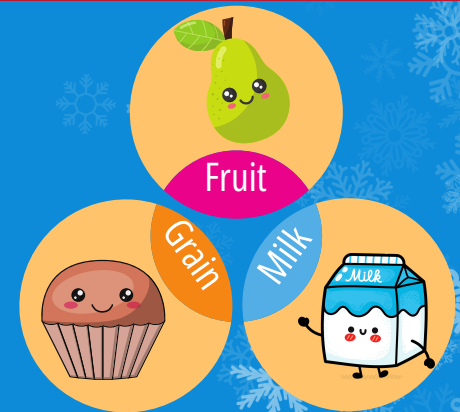
Choice of:
Whole Grain Muffin
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk



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)

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

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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



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

MONDAY

1/1

No School: No breakfast Served

2024

HAPPY NEW YEAR

1/8

Whole Grain Low Sugar
Rice Chex
Diced Peaches
Assorted Fruit
Juice
Milk

1/15

Schools Closed: No
lunch Served

1/22

Low Sugar Multigrain
Cheerios
Applesauce
Assorted Fruit
Juice
Milk

1/29

Whole Grain Low Sugar
Blueberry Chex
Diced Peaches
Assorted Fruit
Juice
Milk

TUESDAY

1/2

No School: No breakfast Served

1/9

Whole Grain Low Sugar
Cheerios
Banana
Assorted Fruit
Juice
Milk

1/16

Whole Grain Low Sugar
Cinnamon Chex
Banana
Assorted Fruit
Juice
Milk

1/23

Whole Grain Low Sugar
Cinnamon Chex
Sliced Pears
Assorted Fruit
Juice
Milk

1/30

Low Sugar Multigrain
Cheerios
Applesauce
Assorted Fruit
Juice
Milk

WEDNESDAY

1/3

Whole Grain Low Sugar
Cheerios
Peach
Assorted Fruit
Juice, Milk

1/10

Whole Grain Low Sugar
Cinnamon Toast Crunch
Orange Slices
Assorted Fruit
Juice
Milk

1/17

Whole Grain Bagel with
Cream Cheese
Diced Peaches
Assorted Fruit
Juice, Milk

1/24

Whole Grain Low Sugar
Frosted Mini Wheats
Apple Slices
Assorted Fruit
Juice
Milk

1/31

Whole Grain Low Sugar
Cinnamon Toast Crunch
Banana
Assorted Fruit
Juice
Milk

THURSDAY

1/4

Whole Grain Low Sugar
Frosted Mini Wheats
Apple Slices
Assorted Fruit
Juice
Milk

1/11

Whole Grain Blueberry
Muffin
Apple Slices
Assorted Fruit
Juice
Milk

1/18

Whole Grain Low Sugar
Cheerios
Orange Wedges
Assorted Fruit
Juice
Milk

1/25

Whole Grain Apple
Cinnamon Muffin
Mandarin Orange
Assorted Fruit
Juice
Milk

2/1

Whole Grain Corn Muffin
Strawberry Cup
Assorted Fruit
Juice
Milk

FRIDAY

1/5

Assorted Whole Grain,
Low Sugar Cereals
Assorted Fruit
Juice
Milk

1/12

Assorted Whole Grain,
Low Sugar Cereals
Assorted Fruit
Juice
Milk

1/19

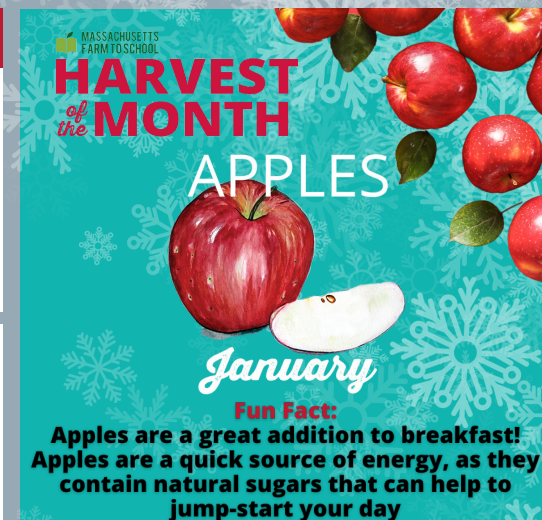
Assorted Whole Grain
Low Sugar Cereals
Assorted Fruit
Juice
Milk

1/26

Assorted Whole Grain
Low Sugar Cereals
Assorted Fruit
Juice
Milk

2/2

Assorted Whole Grain
Low Sugar Cereals
Assorted Fruit
Juice
Milk



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)

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

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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New Liberty & Prep Breakfast Menu : JANUARY

MONDAY

1/1

No School: No Breakfast Served



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

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
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

1/30

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

WEDNESDAY

1/3

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

1/9

Choice of:
Whole Grain **Muffin**
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
Juice/Milk

1/24

Choice of:
Whole Grain **Muffin**
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

THURSDAY

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
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

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

FRIDAY

1/6

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

1/11

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

1/19

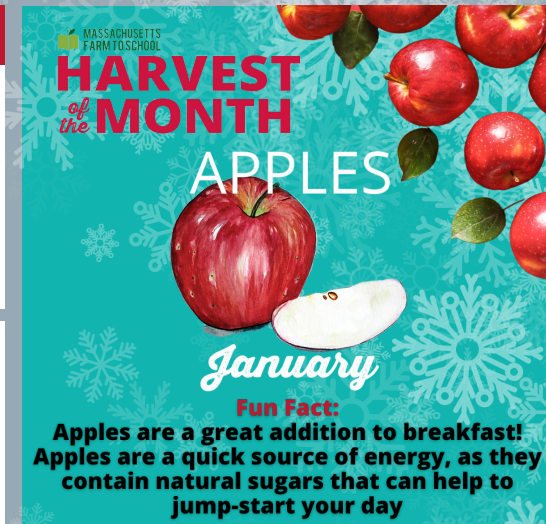
Choice of:
Whole Grain **Muffin**
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk

1/26

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

2/2

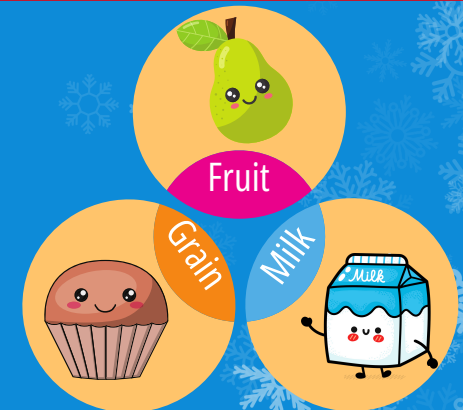
Choice of:
Whole Grain **Muffin**
Assorted Cereals
Breakfast Bar Variety
Yogurt Parfait
Assorted Fruit
Juice/Milk



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)



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



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

Elementary School Breakfast Menu : JANUARY

MONDAY

1/1

No School: No breakfast Served



1/8

Whole Grain Low Sugar
Cocoa Puffs
Graham Cracker
Pear
Assorted Fruit
Juice
Milk

1/15

Schools Closed: No
lunch Served

1/22

Multigrain Cheerios
Cheese Stick
Apple
Assorted Fruit
Juice
Milk

1/29

Whole Grain Low Sugar
Cinnamon Chex
Graham Cracker
Apple
Assorted Fruit
Juice
Milk

TUESDAY

1/2

No School: No breakfast Served

1/9

Whole Grain **Cinnamon**
Roll
Banana
Assorted Fruit
Juice
Milk

1/16

Whole Grain Low Sugar
Apple Jacks
Peach
Assorted Fruit
Juice
Milk

1/23

Whole Grain **Blueberry**
Muffin
Banana
Assorted Fruit
Juice
Milk

1/30

Whole Grain Low Sugar
Frosted Flakes
Graham Cracker
Banana
Assorted Fruit
Juice
Milk

WEDNESDAY

1/3

Whole Grain Low Sugar
Apple Cinnamon
Cheerios
Graham Cracker
Apple
Assorted Fruit
Juice, Milk

1/10

Whole Grain Mini Low
Sugar **Frosted Mini**
Wheat
Graham Cracker
Apple
Assorted Fruit
Juice
Milk

1/17

Whole Grain **Bagel** with
Cream Cheese
Banana
Assorted Fruit
Juice, Milk

1/24

Whole Grain Low Sugar
Cinnamon Roll
Orange Wedges
Assorted Fruit
Juice
Milk

1/31

Whole Grain **Corn Muffin**
Apple Slices
Assorted Fruit
Juice
Milk

THURSDAY

1/4

Whole Grain **Bubble**
Bread
Banana
Assorted Fruit
Juice
Milk

1/11

Whole Grain **Blueberry**
Muffin
Orange Wedges
Assorted Fruit
Juice
Milk

1/18

Whole Grain Low Sugar
Apple Roll Pastry
Orange
Assorted Fruit
Juice
Milk

1/25

Whole Grain Low Sugar
Cocoa Puffs
Graham Cracker
Pear
Assorted Fruit
Juice
Milk

2/1

Whole Grain **Bagel with**
Cream Cheese
Pear
Assorted Fruit
Juice, Milk

FRIDAY

1/5

Assorted Whole Grain,
Low Sugar **Cereals**
Assorted Fruit
Juice
Milk

1/12

Assorted Whole Grain,
Low Sugar **Cereals**
Assorted Fruit
Juice
Milk

1/19

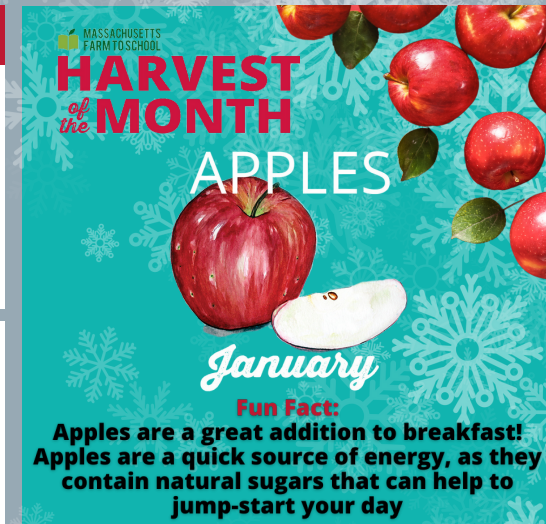
Assorted Whole Grain,
Low Sugar **Cereals**
Assorted Fruit
Juice
Milk

1/26

Assorted Whole Grain,
Low Sugar **Cereals**
Assorted Fruit
Juice
Milk

2/2

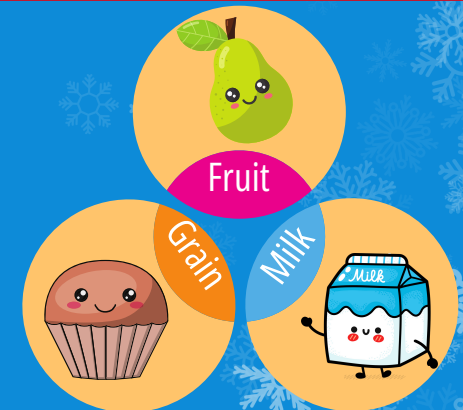
Assorted Whole Grain,
Low Sugar **Cereals**
Assorted Fruit
Juice
Milk



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)

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

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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

