




## JANUARY 2019: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Winter Recess 1		New York Thursday 3	
	<b>Organic Stonyfield® Yogurt</b> <b>Banana Muffin</b> Fresh Fruit	<b>Breakfast Kit (4)</b> <b>Apple Cinnamon Cheerios®</b> <b>Graham Crackers</b> 100% Orange Tangerine Juice	<b>Yogurt Parfait</b> <b>Land O'Lakes® Mozzarella Cheese Stick</b> <b>Fresh New York Apples</b>	<b>Apple Cinnamon Muffin</b> <b>Back to the Roots® Purple Corn Flakes</b> Fresh Fruit
7	8	9	New York Thursday 10	11
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Organic Stonyfield® Yogurt</b> <b>Honey Graham Biscuits</b> Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly Fresh Fruit	<b>Yogurt Parfait</b> <b>Land O'Lakes® Colby Cheese Stick</b> <b>New York Apple Slices</b>	<b>Honey Corn Muffin</b> <b>Back to the Roots® Purple Corn Flakes</b> Fresh Fruit
14	15	16	New York Thursday 17	18
<b>Breakfast Kit (2)</b> <b>Sun Butter Cup</b> <b>Graham Crackers</b> Grape Jelly 100% Fruit Juice	<b>Organic Stonyfield® Yogurt</b> <b>Honey Roasted Sunflower Seeds</b> Craisins	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly Fresh Fruit	<b>Yogurt Parfait</b> <b>Land O'Lakes® Cheddar Cheese Stick</b> <b>New York Apple Slices</b>	<b>Blueberry Muffin</b> <b>Back to the Roots® Cinnamon Clusters</b> Fresh Fruit
Martin Luther King Day 21	22	23	New York Thursday 24	25
<b>Breakfast Kit (4)</b> <b>Apple Cinnamon Cheerios®</b> <b>Graham Crackers</b> 100% Orange Tangerine Juice	<b>Organic Stonyfield® Yogurt</b> <b>Banana Muffin</b> Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly Fresh Fruit	<b>Yogurt Parfait</b> <b>Land O'Lakes® Mozzarella Cheese Stick</b> <b>Fresh New York Apples</b>	<b>Apple Cinnamon Muffin</b> <b>Back to the Roots® Purple Corn Flakes</b> Fresh Fruit
28	29	30	New York Thursday 31	
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Organic Stonyfield® Yogurt</b> <b>Honey Graham Biscuits</b> Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly Fresh Fruit	<b>Yogurt Parfait</b> <b>Land O'Lakes® Colby Cheese Stick</b> <b>New York Apple Slices</b>	 <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b>

<p><b><u>MILK</u></b></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p>	<p><b><u>Fresh Fruit</u></b></p> <p><b><u>Canned Fruit</u></b> Peaches, Pears, Pineapples</p>	<p><b><u>OFFERED DAILY</u></b></p> <p>No Artificial flavors, colors, or sweeteners in all SchoolFood Products</p> <p>Breakfast Express / Breakfast in the Classroom Menu</p>	<p><b><u>Cold Cereal Choices</u></b></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Back to the Roots® Organic Purple Corn Flakes &amp; Cinnamon Clusters</p>
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**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.