

# Breakfast Menu Freedom JANUARY 2017



Choose at least 3 of the 4 items offered

### Common Equivalents

Bagel= 2 breads  
Cereal=1 bread  
1 Slice of Toast=1 bread  
Cheese, Meat, Sun Butter= protein  
Fruit/Juice = fruit  
Milk= milk



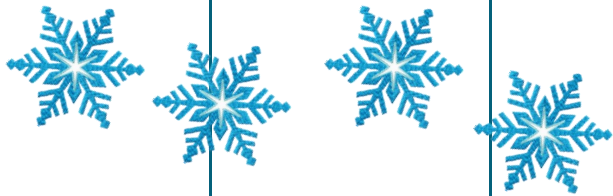
### Breakfast Bar

Always Available  
Toast  
Assorted Cereal

### Fruits May Include:

Fresh Fruit Choices  
Apples—Oranges—Pears  
Banana  
Assorted Canned Fruits  
Peaches—Pears—Applesauce—  
Mandarin Oranges  
Choice of Juices  
Apple Juice  
Orange Juice

**Breakfast Only**  
**\$1.15**  
**Adult Breakfast**  
**\$1.25**

Mon	Tue	Wed	Thu	Fri
2 <b>NO SCHOOL</b> 	3 Mini Bagels Or Mini Cinnis  Choice of Juice Choice of Fruit Choice of Milk	4 WG Maple Pancakes  Choice of Juice Choice of Fruit Choice of Milk	5 Breakfast Pizza  Choice of Juice Choice of Fruit Choice of Milk	6 French Toast Sticks Syrup  Choice of Juice Choice of Fruit Choice of Milk
9 Mozzarella Breadsticks  Choice of Juice Choice of Fruit Choice of Milk	10 Dutch Waffle Cinnamon Sprinkle  Choice of Juice Choice of Fruit Choice of Milk	11 WG B'Berry Pancakes  Choice of Juice Choice of Fruit Choice of Milk	12 Breakfast Pizza  Choice of Juice Choice of Fruit Choice of Milk	13 French Toast Sticks Syrup  Choice of Juice Choice of Fruit Choice of Milk
16 <b>NO SCHOOL</b> 	17 Dutch Waffle Cinnamon Sprinkle  Choice of Juice Choice of Fruit Choice of Milk	18 WG Maple Pancakes  Choice of Juice Choice of Fruit Choice of Milk	19 Breakfast Pizza  Choice of Juice Choice of Fruit Choice of Milk	20 French Toast Sticks Syrup  Choice of Juice Choice of Fruit Choice of Milk
23 Mozzarella Breadsticks  Choice of Juice Choice of Fruit Choice of Milk	24 Dutch Waffle Cinnamon Sprinkle  Choice of Juice Choice of Fruit Choice of Milk	25 WG B'Berry Pancakes  Choice of Juice Choice of Fruit Choice of Milk	26 Breakfast Pizza  Choice of Juice Choice of Fruit Choice of Milk	27 French Toast Sticks Syrup  Choice of Juice Choice of Fruit Choice of Milk
30 Mozzarella Breadsticks  Choice of Juice Choice of Fruit Choice of Milk	31 Dutch Waffle Cinnamon Sprinkle  Choice of Juice Choice of Fruit Choice of Milk			

**MENU SUBJECT TO CHANGE !**  
**Myplate.gov**



### Fruits May Include:

Fresh Fruit Choices  
Apples—Oranges—Pears  
Banana  
Assorted Canned Fruits  
Peaches—Pears—Applesauce—  
Mandarin Oranges  
Choice of Juices  
Apple Juice  
Orange Juice

### Choice of Milk

1 % White  
Skim Chocolate



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