

# JANUARY

This institution is an equal opportunity provider

FOODS TO AVOID

		1	2	3
6	7	8	9	10
CHOICE OF CEREAL WHOLE GRAIN WAFFLES SYRUP APPLE	CHOICE OF CEREAL WHOLE GRAIN PANCAKES SYRUP PINEAPPLE	CHOICE OF CEREAL WHOLE GRAIN MUFFIN PEACHES	CHOICE OF CEREAL WHOLE GRAIN FRENCH TOAST STICKS SYRUP TROPICAL FRUIT	CHOICE OF CEREAL WHOLE GRAIN DONUTS ORANGE
13	14	15	16	17
CHOICE OF CEREAL WHOLE GRAIN FRENCH TOAST PINEAPPLE CHUNKS	CHOICE OF CEREAL PANCAKE-ON-A-STICK APPLE	GRAB-N-GO	CHOICE OF CEREAL CINNAMON BUN PEACHES	CHOICE OF CEREAL WHOLE GRAIN DONUTS ORANGE
20	21	22	23	24
<b>MARTIN LUTHER KING DAY</b>	CHOICE OF CEREAL WHOLE GRAIN BAGEL CREAM CHEESE APPLE	CHOICE OF CEREAL WHOLE GRAIN MUFFIN APPLESAUCE	CHOICE OF CEREAL FRUIT AND YOGURT PARFAIT	CHOICE OF CEREAL WHOLE GRAIN DONUTS PEARS
27	28	29	30	31
CHOICE OF CEREAL WHOLE GRAIN FRENCH TOAST STICKS SYRUP APPLE	CHOICE OF CEREAL WHOLE GRAIN PANCAKES SYRUP PEARS	CHOICE OF CEREAL WHOLE GRAIN MUFFIN APPLESAUCE	CHOICE OF CEREAL WHOLE GRAIN CINNAMON BUNS FRUIT COCKTAIL	CHOICE OF CEREAL WHOLE GRAIN DONUTS ORANGES

MENU IS SUBJECT TO CHANGE WITHOUT NOTIFICATION

# BREAKFAST

Choice of fat free chocolate  
Choice of low fat white milk!!!