



# January Grab & Go Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Professional Development Day</b></p> <p><b>No School for Students!</b></p> 	<p><b>4</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>5</b></p> <p><b>Yogurt Cup &amp; Cereal Bar Variety</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>6</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>7</b></p> <p><b>Muffin Variety &amp; String Cheese</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>
<p><b>10</b></p> <p><b>Super Slice Bread</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>11</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>12</b></p> <p><b>Yogurt Cup &amp; Pop Tart Variety</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>13</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>14</b></p> <p><b>Muffin Variety &amp; String Cheese</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>
<p><b>17</b></p> <p><b>No School</b></p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p><b>18</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>19</b></p> <p><b>Peanut Butter Cup &amp; Apple Cinnamon Grahams</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>20</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>21</b></p> <p><b>Muffin Variety &amp; String Cheese</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>
<p><b>24</b></p> <p><b>Super Slice Bread</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>25</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>26</b></p> <p><b>Yogurt Cup &amp; Cereal Bar Variety</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>27</b></p> <p><b>Bowl-Pak Cereal Variety &amp; Graham Crackers</b></p> <p>with</p> <p>100% Juice &amp; Fresh Fruit</p> <p>Milk Choice</p>	<p><b>28</b></p> <p><b>Muffin Variety &amp; String Cheese</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>
<p><b>31</b></p> <p><b>Super Slice Bread</b></p> <p>with</p> <p>100% Juice &amp; Cupped Fruit</p> <p>Milk Choice</p>	<p><b>*** Please check with your Cafeteria Manager for Entrée Choices</b></p>	<p><b>PLEASE NOTE:</b></p> <p>The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.</p>		