



January 2022 Breakfast & Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Breakfast: WG Corn Flakes Cereal, Mango & Milk Snack: Banana & Graham Crackers</p>	<p style="text-align: right;">4</p> <p>Breakfast: 100% WW Toast, Sausage, Pears & Milk Snack: Crackers & Cucumber</p>	<p style="text-align: right;">5</p> <p>Breakfast: WG Oat Square Cereal, Blueberries & Milk Snack: Turkey, Cheese Cubes & WW Crackers</p>	<p style="text-align: right;">6</p> <p>Breakfast: 100% WW Tortilla, Egg & Cheese Burrito, Watermelon & Milk Snack: Pineapple & Animal Crackers</p>	<p style="text-align: right;">7</p> <p>Breakfast: WG Special K Cereal, Mandarin Oranges & Milk Snack: Sun Butter Grahams</p>
<p style="text-align: right;">10</p> <p>Breakfast: WG Cinn Toast Crunch, Peaches & Milk Snack: Apples & Sun Butter</p>	<p style="text-align: right;">11</p> <p>Breakfast: 100% WW Bagels, Kiwi & Milk Snack: Yogurt & Grahams</p>	<p style="text-align: right;">12</p> <p>Breakfast: WG Corn Flakes Cereal, Bananas & Milk Snack: 100% WW Bread & Chicken Salad</p>	<p style="text-align: right;">13</p> <p>Breakfast: 100% WW Ham & Cheese Sandwiches, Applesauce & Milk Snack: Cheese Quesadillas and Salsa</p>	<p style="text-align: right;">14</p> <p>Breakfast: WG Oat Square Cereal, Pineapple & Milk Snack: Cucumbers, Carrots, Crackers & Hummus</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Bloom Closed</p>	<p style="text-align: right;">18</p> <p>Breakfast: 100% WW Bread, Hashbrowns, Blueberries & Milk Snack: Tomato Soup & Goldfish Crackers</p>	<p style="text-align: right;">19</p> <p>Breakfast: WG Life Cereal, Tropical Fruit & Milk Snack: 100% WW Bread, Turkey Sandwiches</p>	<p style="text-align: right;">20</p> <p>Breakfast: WW Bread Egg Bake with Ham & Cheese, Applesauce & Milk Snack: Banana Sun Butter Wraps</p>	<p style="text-align: right;">21</p> <p>Breakfast: WG Corn Flakes Cereal, Mangos & Milk Snack: Graham Crackers & Oranges</p>
<p style="text-align: right;">24</p> <p>Breakfast: WG Oat Square Cereal, Peaches & Milk Snack: Yogurt & Grahams</p>	<p style="text-align: right;">25</p> <p>Breakfast: Cinnamon Toast (WG), Blueberries & Milk Snack: String Cheese & WG Crackers</p>	<p style="text-align: right;">26</p> <p>Breakfast: WG Multi Grain Cheerios Cereal, Pineapple & Milk Snack: Applesauce & Graham Crackers</p>	<p style="text-align: right;">27</p> <p>Breakfast: Multi-Grain English Muffin with Sun butter & Tropical Fruit & Milk Snack: Cottage Cheese & Pears</p>	<p style="text-align: right;">28</p> <p>Breakfast: WG Rice Krispies Cereal, Kiwi & Milk Snack: Broccoli/ Cauliflower & Wheat Crackers</p>
<p style="text-align: right;">31</p> <p>Breakfast: WG Corn Flakes Cereal, Mango & Milk Snack: Banana & Graham Crackers</p>				

Nutritional Notes:

- All pastas and bread are 100% Whole Wheat.
- Yogurt contains no more than 23 grams of sugar per 6 oz.
- All cereal served is fortified or contains more than 51% whole grains & no more than 21 grams of sugar per 100 grams.
- Fruits & Cereal are subject to change due to availability.
- WW = Whole Wheat
WG = Whole Grain
- 1- 2 years whole milk
3 years and older 1% milk