



Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL WINTER RECESS	2 Whole Wheat French Toast Served with Local Maple Syrup Oven Baked Honey Ham Blueberries	3 Cheesy Scrambled Eggs Whole Wheat Toast Sausage Peaches	4 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Kiwi
7 Scrambled Eggs Whole Wheat Toast Fruit Smoothie Fresh Cut Pineapple	8 Whole Wheat Plain or Chocolate Chip Pancake Served with Local Maple Syrup Bacon Fresh Cut Strawberries	9 Assorted Cereal Assorted Yogurt Grapes	10 Chef Deb's Homemade Donut Holes Fruit Yogurt Smoothie Fresh Cut Star Fruit	11 Whole Wheat English Muffin with Egg, Sausage, Ham & Cheese Fresh Cut Apple
14 Cheesy Scrambled Eggs Sausage Whole Wheat Toast Fresh Cut Maple Glazed Apples	15 Chef Deb's Homemade Crepes Filled with Berries & Topped with Fresh Whip Cream Grilled Ham	16 Whole Wheat Bagel Thin with Egg, Bacon & Cheese Fresh Cut Banana	17 Assorted Cereal Fruit Yogurt Smoothie Clementine	18 Toasted Whole Wheat Mini Bagels with PB & J or Cream Cheese Fruit Yogurt Smoothie Fresh Cut Cantaloupe
21 NO SCHOOL MARTIN LUTHER KING DAY	22 Cheesy Scrambled Egg Tater Tots Grilled Ham Whole Wheat Toast Fresh Cut Orange	23 Whole Wheat English Muffin Sandwich with Egg, Sausage & Cheese Fresh Cut Pineapple	24 Chef Deb's Homemade Banana Bread Fruit Yogurt Smoothie Fresh Cut Watermelon	25 Assorted Cereal Assorted Yogurt Fresh Cut Orange
28 Whole Wheat Waffle Served with Local Maple Syrup Bacon Peaches	29 Scrambled Eggs Oven Baked Honey Ham Whole Wheat Toast Fresh Cut Pineapple	30 "Hot Pockets" With Egg, Sausage & Cheese Fresh Cut Cantaloupe & Strawberries	31 Assorted Cereal Fruit Yogurt Smoothie Blueberries	

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (Milk or Juice Included)

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

Alternative Lunches Available:

Deli Meats & Cheese on Multi Grain Bread

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