

# January

## BREAKFAST

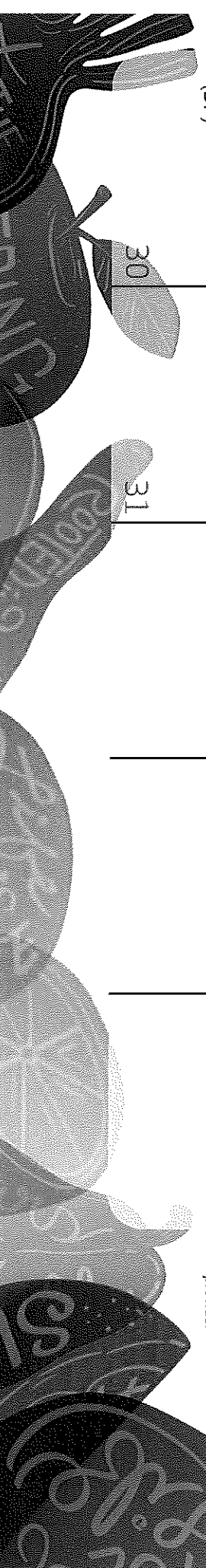
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• zac omega bar apple (DF)</li> </ul>	<ul style="list-style-type: none"> <li>• shelf-stable breakfast: rf snow flurries with cinnamon skeeters and raisins</li> </ul>	<ul style="list-style-type: none"> <li>• french toast muffin</li> </ul>	<ul style="list-style-type: none"> <li>• blueberry burst whole grain bagel/cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• breakfast cinnamon crumble</li> </ul>
2	3	4	5	6
<ul style="list-style-type: none"> <li>• string cheese/skeeter cinnamon grahams</li> </ul>	<ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>	<ul style="list-style-type: none"> <li>• jumpstart breakfast: mini dipperdoodle /string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• breakfast cinnamon crumble</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt/dick and janes smart crackers</li> </ul>
9	10	11	12	13
<p><b>No School</b> Martin Luther King Jr. Day</p>	<ul style="list-style-type: none"> <li>• rf cocoa critters cereal (DF)</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt/granola</li> </ul>	<ul style="list-style-type: none"> <li>• blueberry burst whole grain bagel/cream cheese</li> </ul>	<p><b>No School</b></p>
16	17	18	19	20
<ul style="list-style-type: none"> <li>• dipper doodle bar fruit (DF)</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt/granola</li> </ul>	<ul style="list-style-type: none"> <li>• mini dipperdoodle /string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• apple muffin</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt/skeeter cinnamon grahams</li> </ul>
23	24	25	26	27
30	31			

**What's New?**  
 Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

**Breakfast:** choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider.*



# January

## SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• skeeter honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>• goldfish cheese crackers</li> </ul>	<ul style="list-style-type: none"> <li>• string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• granola/string cheese</li> </ul>
9	3	4	5	6
<ul style="list-style-type: none"> <li>• Martin Luther King Jr. Day</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• zac attack bar strawberry (snack)</li> </ul>	<ul style="list-style-type: none"> <li>• string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• multigrain rumbles - salsa fresca</li> </ul>
16	10	11	12	13
<ul style="list-style-type: none"> <li>• goldfish cheese crackers</li> </ul>	<ul style="list-style-type: none"> <li>• dick and janes smart crackers</li> </ul>	<ul style="list-style-type: none"> <li>• mini dipperdoodle</li> </ul>	<ul style="list-style-type: none"> <li>• multigrain rumbles - ranch</li> </ul>	<ul style="list-style-type: none"> <li>• No School</li> </ul>
23	17	18	19	20
<ul style="list-style-type: none"> <li>• sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>• string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• skeeter honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>• yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• mini dipperdoodle</li> </ul>
30	24	25	26	27
	<ul style="list-style-type: none"> <li>• dick and janes smart crackers/sunbutter</li> </ul>			
	31			

### What's New?

Resolve to incorporate healthy snacks into your diet this year!

Smart snacking – look for a balance of whole grains and protein – can help keep your energy and concentration high between meals.

**Snack:** fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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