

Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 JAN 1-5	WINTER BREAK		1.5 oz. Biscuit 1 oz. turkey sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	Egg & Cheese Biscuit 1.5 oz. Egg/1.5 oz. Biscuit 1 oz. Potato Patty 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 2 JAN 8-12	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	2 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 3 JAN 15-19	MLK DAY NO SCHOOL		1.5 oz. Biscuit 1 oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 JAN 22-26	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	Egg & Cheese Biscuit 1.5 oz. Egg/1.5 oz. Biscuit 1 oz. Potato Patty 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1.5 oz. Biscuit 1 oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5 JAN 29-FEB 2	1 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	