



Elementary Breakfast Menu

January 2019

	<p>1 No School</p>	<p>2 No School</p>	<p>3 No School</p>	<p>4 No School</p>
<p>7 Pancakes w/Syrup Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Pears 100% Grape Juice</p>	<p>8 Blueberry Muffin Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice</p>	<p>9 Omelet w/ Tater Tots & Toast Animal Crackers w/ String Cheese</p> <p>Fresh Banana Applesauce 100% Orange Juice</p>	<p>10 Glazed Donut Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Strawberry Craisins 100% Fruit Juice</p>	<p>11 Cherry Frudel Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Peaches 100% Apple Juice</p>
<p>14 Cheesy Scrambled Eggs w/ Toast Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Pears 100% Grape Juice</p>	<p>15 Cinnamon Roll Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice</p>	<p>16 Apple Bosco Stick Animal Crackers w/ String Cheese</p> <p>Fresh Banana Applesauce 100% Orange Juice</p>	<p>17 Mini Strawberry Pancakes Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Strawberry Craisins</p>	<p>18 Chocolate Muffin Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Peaches 100% Apple Juice</p>
<p>21 No School MLK Day</p>	<p>22 Strawberry Cream Cheese Bagel Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Mixed Fruit</p>	<p>23 WG Blueberry Muffin Animal Crackers w/ String Cheese</p> <p>Fresh Banana Applesauce 100% Orange Juice</p>	<p>24 WG French Toast Sticks Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Strawberry Craisins 100% Fruit Juice</p>	<p>25 Chocolate Crescent Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Peaches 100% Apple Juice</p>
<p>28 Mini Blueberry Waffles Jurassic Park Grahams w/ String Cheese</p> <p>Fresh Apple Diced Pears 100% Grape Juice</p>	<p>29 Pancake on a Stick Goldfish Pretzels w/ Strawberry Banana Yo- gurt</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice</p>	<p>30 Apple Bosco Stick Animal Crackers w/ String Cheese</p> <p>Fresh Banana Applesauce 100% Orange Juice</p>	<p>31 Banana Muffin Goldfish Pretzels w/ Strawberry Banana Yogurt</p> <p>Fresh Fruit Strawberry Craisins 100% Fruit Juice</p>	

More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

More info...

Breakfast - \$ 1.50 Lunch - \$2.85
NO Charge for students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices

Menu is subject to change