



## BREAKFAST Menu

Correspond the cycle week to the color-coordinated calendar below.

January- May 2024

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <i>or</i> ) Bowl of Cereal  <b>Mandarin Oranges</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Maple Pancake &amp; Sausage Sandwich</b>  <i>or</i> ) Bowl of Cereal  <b>Mixed Fruit</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Dutch Waffle</b>  <i>or</i> ) Bowl of Cereal  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Pizza (Bacon, Egg &amp; Cheese)</b>  <i>or</i> ) Bowl of Cereal  <b>Raisins</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Muffin</b>  <i>or</i> ) Bowl of Cereal  <b>Pears</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>2</b>	<b>Breakfast Bun</b>  <i>or</i> ) Bowl of Cereal  <b>Mandarin Oranges</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Dutch Waffle</b>  <i>or</i> ) Bowl of Cereal  <b>Pineapple</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>French Toast Sticks with Syrup</b>  <i>or</i> ) Bowl of Cereal  <b>Strawberry Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <i>or</i> ) Bowl of Cereal  <b>Mixed Fruit</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <i>or</i> ) Bowl of Cereal  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>3</b>	<b>Breakfast Muffin</b>  <i>or</i> ) Bowl of Cereal  <b>Peach Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Pizza (Bacon, Egg &amp; Cheese)</b>  <i>or</i> ) Bowl of Cereal  <b>Raisins</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Bun</b>  <i>or</i> ) Bowl of Cereal  <b>Applesauce</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Maple Pancake &amp; Sausage Sandwich</b>  <i>or</i> ) Bowl of Cereal  <b>Pineapple</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <i>or</i> ) Bowl of Cereal  <b>Apple Slices</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>4</b>	<b>Breakfast Bun</b>  <i>or</i> ) Bowl of Cereal  <b>Pears</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>French Toast Sticks with Syrup</b>  <i>or</i> ) Bowl of Cereal  <b>Strawberry Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Dutch Waffle</b>  <i>or</i> ) Bowl of Cereal  <b>Peaches</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Pancakes with Syrup</b>  <i>or</i> ) Bowl of Cereal  <b>Apple Slices</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <i>or</i> ) Bowl of Cereal  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>

Please note that regulations require that at least one fruit side be chosen with each breakfast.

Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2024						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan