



ELEMENTARY EAST BREAKFAST MENU

		1			2			3
		 HAPPY NEW YEAR		Frosted Flakes Cereal Pouch Cheese Stick Fresh Fruit Fruit Juice Choice of Milk		Otis Spunkmeyer Muffin Fresh Fruit Fruit Juice Choice of Milk		
6	7	8	9			10		
Kellogg's Nutri-Grain Bar Cheese Stick Fresh Fruit Fruit Juice Choice of Milk	Yoplait Yogurt Fruit Juice Fresh Fruit Scooby Sticks Choice of Milk	Mini Maple Pancakes Fruit Juice Choice of Milk Fresh Fruit	Kellogg's Fudge Pop Tart Cheese Stick Fresh Fruit Fruit Juice Choice of Milk	Apple Jacks Cereal Pouch Cheese Stick Fresh Fruit Fruit Juice Choice of Milk				
13	14	15	16			17		
Fruit Loop Cereal Cheese Stick Fruit Juice Fresh Fruit Choice of Milk	WG Rice Krispy Treat Cheese Stick Fresh Fruit Fruit Juice Choice of Milk	Otis Spunkmeyer Muffin Fruit Juice Fresh Fruit Choice of Milk	Kellogg's Pop Tart Cheese Stick Fresh Fruit Fruit Juice Choice of Milk	Kellogg's Nutri-Grain Bar Cheese Stick Fruit Juice Fresh Fruit Choice of Milk				
20	21	22	23			24		
Martin Luther King Jr. Day		Cin. Tst. Crunch Cereal Bar Cheese Stick Fresh Fruit Fruit Juice Choice of Milk	Pillsbury Cinni Mini Fruit Juice Fresh Fruit Choice of Milk	Otis Spunkmeyer Muffin Fruit Juice Fresh Fruit Choice of Milk	Yoplait Yogurt Fruit Juice Fresh Fruit Animal Crackers Choice of Milk			
27	28	29	30			31		
Kellogg's Nutri-Grain Bar Cheese Stick Fruit Juice Fresh Fruit Choice of Milk	Trix Yogurt Fresh Fruit Fruit Juice Graham Scooby Stks Choice of Milk	Confetti Panckes Fresh Fruit Fruit Juice Choice of Milk	Cocoa Puffs Cereal Bar Cheese Sticks Fresh Fruit Fruit Juice Choice of Milk	Otis Spunkmeyer Muffin Fruit Juice Fresh Fruit Choice of Milk				

Breakfast in the Classroom

COST
Free

Just stop by the cafeteria when you arrive at school and Grab-a-Bag. It's that easy. Be sure to have the para-educator check your name off.

Choice of Fruit or Juice
 What do you like? Fresh Apples? Oranges? Bananas?

Choice of Milk
 Variety includes low-fat and fat-free choices.

Hello! My name is Ana.
 Breakfast is my favorite meal of the day.

Hey Friends, be sure to start your day off right with a good breakfast! A balanced meal in the morning will give you the energy and nutrition you need to fuel your brain and body for a busy day.

