



# ELEMENTARY WEST BREAKFAST MENU

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

