

2018-2019 Middle/High School Breakfast

January 2019

Mon	Tue	Wed	Thu	Fri
31 Winter Break	1 Winter Break	2 Ham & Cheese Ripper Pineapple Tidbits Assorted Juices 1% Milk Fat Free Milk Foothill Farms Ranch Dressing	3 Oatmeal Sliced Peaches Assorted Juices Apple Cinnamon Muffin (Elem) 1% Milk Fat Free Milk Smart Balance Butter Spread	4 Breakfast Wrap Assorted Juices Applesauce 1% Milk Fat Free Milk Salsa
7 French Toast Assorted Juices Strawberries, Sliced, Frozen 1% Milk Fat Free Milk	8 Breakfast Smoothie Oatmeal Assorted Juices Mixed Fruit Buttered English Muffin 1% Milk Fat Free Milk	9 Breakfast Supreme Assorted Juices Fresh Apple Slices Buttered Toast 1% Milk Fat Free Milk	10 Malt o Meal Assorted Juices Blue Raspberry Applesauce Buttered Toast 1% Milk Fat Free Milk	11 Biscuits 'n Gravy (MS/HS) Assorted Juices Fresh Apple Slices 1% Milk Fat Free Milk
14 Oatmeal Assorted Juices Diced Peaches Apple Cinnamon Muffin (MS/HS) 1% Milk Fat Free Milk	15 Pancakes, WG, 1 each Assorted Juices Strawberry Cup 1% Milk Fat Free Milk	16 Cheese Omelet Hashbrowns Assorted Juices Sliced Pears Buttered Toast 1% Milk Fat Free Milk	17 Cereal, Cinnamon Toast Crunch Cereal, Cocoa Puffs, Red. Sugar, Bowlpack, 96/1oz, 1WG, General Mills, 31888 [GLOBAL] (2043373) Cereal, Cheerios, Bowlpack, 96/1oz, 1WG, General Mills, 32262 [GLOBAL] (2043379) Apple Jacks Assorted Juices Banana 1% Milk Fat Free Milk	18 Spokane Tribal Day
21 MLK Jr. Day	22 Malt o Meal Assorted Juices Strawberries, Sliced, Frozen Buttered Toast 1% Milk Fat Free Milk	23 Breakfast Burrito Applesauce Assorted Juices 1% Milk Fat Free Milk	24 Breakfast Pizza Assorted Juices Pineapple Tidbits 1% Milk Fat Free Milk	25 Yogurt Assorted Juices Banana Graham Crackers, Honey, 1% Milk Fat Free Milk

<p>28</p> <p>Apple Jacks</p> <p>Froot Loops</p> <p>Cereal, Cocoa Puffs, Red. Sugar, Bowlpack, 96/1oz, 1WG, General Mills, 31888 [GLOBAL] (2043373)</p> <p>Peaches, Sliced</p> <p>Assorted Juices</p> <p>Banana Mini Muffin</p> <p>1% Milk</p> <p>Fat Free Milk</p>	<p>29</p> <p>Breakfast Sandwich</p> <p>Assorted Juices</p> <p>Applesauce, Cinnamon cup</p> <p>1% Milk</p> <p>Fat Free Milk</p>	<p>30</p> <p>Oatmeal</p> <p>Assorted Juices</p> <p>Fresh Apple Slices</p> <p>1% Milk</p> <p>Fat Free Milk</p>	<p>31</p> <p>Pancakes, WG, 1 each</p> <p>Assorted Juices</p> <p>Strawberries,Sliced, Frozen</p> <p>1% Milk</p> <p>Fat Free Milk</p>	<p>1</p> <p>Yogurt Parfait</p> <p>Assorted Juices</p> <p>Mixed Fruit</p> <p>Buttered Toast</p> <p>1% Milk</p> <p>Fat Free Milk</p>
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This institution is an equal opportunity provider.