



January

Breakfast



NEW BEGINNINGS FAMILY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017	January 3, 2017	January 4, 2017	January 5, 2017	January 6, 2017
HOLIDAY BREAK	FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	STRING CHEESE Blueberry Muffin Diced Peaches Orange Juice Choice of Milk	CHICKEN BISCUIT Applesauce Blended Fruit Juice Ketchup Choice of Milk	NO SCHOOL
January 9, 2017	January 10, 2017	January 11, 2017	January 12, 2017	January 13, 2017
CINNAMON TOAST CRUNCH Chocolate Chip Minis Craisins Blended Fruit Juice Choice of Milk	BREAKFAST BURRITO Mixed Fruit Cup Grape Juice Taco Sauce Choice of Milk	COCOA PUFFS Maple Breakfast Square Fresh Fruit Choice of Milk	MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk	VANILLA YOGURT Chocolate Chip Mini Loaf Fresh Fruit Choice of Milk
January 16, 2017	January 17, 2017	January 18, 2017	January 19, 2017	January 20, 2017
MARTIN LUTHER KING JR.	APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	STRING CHEESE Lemon Mini Loaf Fresh Fruit Choice of Milk	*NEW ITEM* BEEF SAUSAGE SLIDER Mixed Fruit Cup Blended Fruit Juice Ketchup Choice of Milk	MINI WHEATS LITTLE BITES Vanilla Waffle Square Fresh Fruit Choice of Milk
January 23, 2017	January 24, 2017	January 25, 2017	January 26, 2017	January 27, 2017
Make Your Own Parfait STRAWBERRY YOGURT Granola Craisins Grape Juice Choice of Milk	MAPLE BROWN SUGAR OATMEAL Diced Peaches Blended Fruit Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Bar Fresh Fruit Choice of Milk	PANCAKES Fresh Fruit Orange Juice Syrup Choice of Milk	RICE KRISPIES Mini Wafer Fresh Fruit Choice of Milk
January 30, 2017	January 31, 2017	February 1, 2017	February 2, 2017	February 3, 2017
FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	WAFFLES Diced Pears Orange Juice Syrup Choice of Milk			

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

Help us make your food better!

Give us feedback on Facebook or by emailing info@preferredmeals.com