



JANUARY BREAKFAST

SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
		HOLIDAY BREAK	CINNAMON TOAST CRUNCH ^ Animal Grahams ^ Applesauce Cup Grape Juice 1% White Milk Fat Free Chocolate Milk	MINI CINNIS ^ CHEERIOS ^ Vanilla Waffle Square ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
BREAKFAST BURRITO ^ Taco Sauce RASPBERRY YOGURT Granola ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup LEMON LOAF ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CORN CHEX ^ Maple Breakfast Square ^ Diced Pears Grape Juice 1% White Milk Fat Free Chocolate Milk	Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk Taco Sauce WAFFLES ^ Syrup MOZZARELLA CHEESE STICK Blueberry Muffin ^ Sliced Apples
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
BEEF SAUSAGE SLIDER ^ CHOCOLATE CHIP LOAF ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	CHICKEN BISCUIT ^ Honey CINNAMON CHEX ^ Oats & Honey Goldfish Grahams Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup MULTI GRAIN CHEERIOS^ Vanilla Waffle Square ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	COLBY CHEESE OMELET Whole Wheat Bread STRAWBERRY YOGURT Granola ^ Applesauce Cup Grape Juice 1% White Milk Fat Free Chocolate Milk
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CINNAMON TOAST CRUNCH ^ Animal Grahams ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST BURRITO ^ Taco Sauce VANILLA YOGURT Granola ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk	*NEW ITEM* BANANA OATMEAL ^ MOZZARELLA CHEESE STICK Banana Muffin ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk Taco Sauce	PANCAKES ^ Syrup PUMPKIN LOAF ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
MINI CINNIS ^ RICE CHEX ^ Vanilla Waffle Square ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk	CHICKEN BISCUIT ^ Honey STRAWBERRY BANANA YOGURT Granola ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup MULTI GRAIN CHEERIOS^ Maple Breakfast Square ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk

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

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-01-2020	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-02-2020	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-03-2020	MINI CINNIS ^	240	7	2	0	0	270	39	2	15	5	0	0	40	1	G/B:2sv WG
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-06-2020	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-07-2020	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-08-2020	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-09-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-10-2020	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Blueberry Muffin ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c	
01-13-2020	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	2	MMA:1oz G/B:1sv WG
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-14-2020	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Oats & Honey Goldfish Grahams	120	4	1	0	0	110	19	1	5	1	0	0	200	4	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-15-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-16-2020	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-17-2020	COLBY CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Whole Wheat Bread	60	1	0	0	0	65	11	2	0	2	0	0	60	1	G/B:1sv WG
	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-20-2020	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	01-22-2020	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2
Taco Sauce		5	0	0	0	0	55	1	0	0	0	20	0	0	0	
VANILLA YOGURT		80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
Granola ^		130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
Fresh Banana		105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
Apple Juice		60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
1% White Milk		109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk		120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-23-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BANANA OATMEAL ^	202	2	0	0	1	24	42	4	20	5	6	2	59	1	G/B:1sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Banana Muffin ^	166	6	0	0	0	180	27	2	9	3	2	1	22	1	G/B:1.25sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
01-24-2020	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	PUMPKIN LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-27-2020	MINI CINNIS ^	240	7	2	0	0	270	39	2	15	5	0	0	40	1	G/B:2sv WG
	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-28-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-29-2020	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-30-2020	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	2	MMA:1oz G/B:1sv WG
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
01-31-2020	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-01-2020	HOLIDAY BREAK								
01-02-2020	CINNAMON TOAST CRUNCH ^							X	X
	Animal Grahams ^	X	X					X	X
	Applesauce Cup								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-03-2020	MINI CINNIS ^	X							X
	CHEERIOS ^								
	Vanilla Waffle Square ^		X					X	X
	Diced Pears								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-06-2020	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	RASPBERRY YOGURT	X							
	Granola ^								
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-07-2020	EGG & CHEESE BAGEL ^	X	X					X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Diced Peaches								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-08-2020	PANCAKES ^	X	X					X	X
	Syrup								
	LEMON LOAF ^								X
	Fresh Banana								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-09-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	CORN CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Diced Pears								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-10-2020	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
	Taco Sauce								
	WAFFLES ^	X	X					X	X
	Syrup								
	MOZZARELLA CHEESE STICK	X							
	Blueberry Muffin ^								X
Sliced Apples									
01-13-2020	BEEF SAUSAGE SLIDER ^							X	X
	CHOCOLATE CHIP LOAF ^	X						X	X
	Diced Peaches								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-14-2020	CHICKEN BISCUIT ^	X						X	X
	Honey								
	CINNAMON CHEX ^								
	Oats & Honey Goldfish Grahams							X	X
	Sliced Apples								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-15-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	X	X					X	X
	MOZZARELLA CHEESE STICK	X							
	Cherry Breakfast Bar ^							X	X
	Diced Pears								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-16-2020	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	MULTI GRAIN CHEERIOS^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Banana								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-17-2020	COLBY CHEESE OMELET	X	X					X	
	Whole Wheat Bread							X	X
	STRAWBERRY YOGURT	X							
	Granola ^								
	Applesauce Cup								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-20-2020	MARTIN LUTHER KING JR.								
01-21-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	CINNAMON TOAST CRUNCH ^							X	X
	Animal Grahams ^	X	X					X	X
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-22-2020	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	VANILLA YOGURT	X							
	Granola ^								
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-23-2020	*NEW ITEM*								
	BANANA OATMEAL ^	X							
	MOZZARELLA CHEESE STICK	X							
	Banana Muffin ^								X
	Sliced Apples								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
Taco Sauce									
01-24-2020	PANCAKES ^	X	X					X	X
	Syrup								
	PUMPKIN LOAF ^								X
	Diced Peaches								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-27-2020	MINI CINNIS ^	X							X
	RICE CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-28-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	X	X					X	X
	MOZZARELLA CHEESE STICK	X							
	Cherry Breakfast Bar ^							X	X
	Diced Peaches								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-29-2020	CHICKEN BISCUIT ^	X						X	X
	Honey								
	STRAWBERRY BANANA YOGURT	X							
	Granola ^								
	Fresh Banana								
	Blended Fruit Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-30-2020	BEEF SAUSAGE SLIDER ^							X	X
	LEMON LOAF ^								X
	Sliced Apples								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
01-31-2020	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	MULTI GRAIN CHEERIOS^								
	Maple Breakfast Square ^		X					X	X
	Diced Pears								
	Apple Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								