

# January School Breakfast Menu

| Sun   | Mon  | Tue   | Wed   | Thu   | Fri  | Sat |
|---|--|---|---|---|--|-----|
| <p><b>All Breakfasts except 4K student meal are served with the students choice of 1%, Skim or Chocolate Milk</b></p> | <p>1</p> <p><b>No School</b></p>   | <p>2</p> <p><b>Breakfast:</b> Ham &amp; Cheese Breakfast Bar<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p> | <p>3</p> <p><b>Breakfast:</b> Pop Tart w/ Cheese Stick<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Slices &amp; Orange Juice</p>               | <p>4</p> <p><b>Breakfast:</b> Pancake Wrap<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberries &amp; Apple Juice</p>                        | <p>5</p> <p><b>Breakfast:</b> Breakfast Sandwich<br/><b>or</b><br/>Banana Muffin<br/><b>Side Options:</b><br/>Fruit Cocktail, Banana &amp; Apple Juice</p>   |     |
| <p><b>All 4K breakfast meals are served with a choice of 1% low-fat or non-fat Milk</b></p>                           | <p>8</p> <p><b>Breakfast:</b> Breakfast Bagel Pizza<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Sauce &amp; Orange Juice</p> | <p>9</p> <p><b>Breakfast:</b> Biscuits &amp; Gravy<br/><b>or</b><br/>Blueberry Muffin<br/><b>Side Options:</b><br/>Banana, Diced Mango &amp; Apple Juice</p>                                | <p>10</p> <p><b>Breakfast:</b> Breakfast Burrito<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Diced Pears &amp; Orange Juice</p>                            | <p>11</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Fruit Cocktail, Banana &amp; Orange Juice</p>   | <p>12</p> <p><b>Breakfast:</b> Egg &amp; Cheese Wrap<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Grape Clusters &amp; Orange Juice</p>  |     |
|   | <p>15</p> <p><b>Breakfast:</b> Mini Cinnamon Roll<br/><b>or</b><br/>Assorted Cereal w/Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, &amp; Apple Juice</p>                 | <p>16</p> <p><b>Breakfast:</b> Pancakes w/ Syrup<br/><b>or</b><br/>Ultimate Breakfast Rounds<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p>                   | <p>17</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberry Cup, Banana &amp; Apple Juice</p>              | <p>18</p> <p><b>Breakfast:</b> Ham &amp; Cheese Breakfast Bar<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Apple Sauce Cup, Pears &amp; Orange Juice</p> | <p>19</p> <p><b>Breakfast:</b> Breakfast Pizza<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Sauce &amp; Orange Juice</p>  |     |
|   | <p>22</p> <p><b>Breakfast:</b> Pancake Wrap<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Peaches &amp; Apple Juice</p>                                  | <p>23</p> <p><b>Breakfast:</b> Breakfast Sandwich<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p>            | <p>24</p> <p><b>Breakfast:</b> Waffles w/ Syrup<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberries, Banana &amp; Apple Juice</p>                            | <p>25</p> <p><b>Breakfast:</b> Breakfast Bites<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Apple Sauce Cup, Pears &amp; Orange Juice</p>                | <p>26</p> <p><b>Breakfast:</b> Jump Start Kit<br/><b>or</b><br/>Banana Muffin w/Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit &amp; Orange Juice</p>   |     |
| <p>Al a Carte Breakfast Options Available for all Students 5th–12th Grades</p>  | <p>29</p> <p><b>Breakfast:</b> Breakfast Pizza<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Sauce &amp; Orange Juice</p>             | <p>30</p> <p><b>Breakfast:</b> Pancakes<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Strawberries, Banana &amp; Apple Juice</p>                                  | <p>31</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberries, Sliced Peaches &amp; Apple Juice</p> | <p><b>Follow us on Facebook:</b><br/><br/><b>@TRSDFoodService</b></p>   | <p><u>The School Value Breakfast Meal consists of the following Items.</u></p> <ol style="list-style-type: none"> <li>1) Meat /Whole Grain Rich options</li> <li>2) Fruit</li> <li>3) Milk Choices<br/>All For One Low Price!</li> </ol> |     |