

# 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 <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Apple Sauce Cup, Peaches &amp; Orange Juice</p>	<p>3</p> <p><b>Breakfast:</b> Pop Tart w/ Cheese Stick <b>or</b> Ultimate Breakfast Round <b>Side Options:</b> Mixed Fruit, Apple Slices &amp; Orange Juice</p>	<p>4</p> <p><b>Breakfast:</b> Pancake Wrap <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Strawberries &amp; Apple Juice</p>	<p>5</p> <p><b>Breakfast:</b> Breakfast Sandwich <b>or</b> Banana Muffin <b>Side Options:</b> 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 <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Mixed Fruit, Apple Sauce &amp; Orange Juice</p>	<p>9</p> <p><b>Breakfast:</b> Biscuits &amp; Gravy <b>or</b> Blueberry Muffin <b>Side Options:</b> Banana, Diced Mango &amp; Apple Juice</p>	<p>10</p> <p><b>Breakfast:</b> Breakfast Burrito <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Diced Pears &amp; Orange Juice</p>	<p>11</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup <b>or</b> Ultimate Breakfast Round <b>Side Options:</b> Fruit Cocktail, Banana &amp; Orange Juice</p>	<p>12</p> <p><b>Breakfast:</b> Egg &amp; Cheese Wrap <b>or</b> Pop Tart w/ Cheese Stick <b>Side Options:</b> Apple Sauce Cup, Grape Clusters &amp; Orange Juice</p>	
	<p>15</p> <p><b>Breakfast:</b> Mini Cinnamon Roll <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Mixed Fruit, &amp; Apple Juice</p>	<p>16</p> <p><b>Breakfast:</b> Pancakes w/ Syrup <b>or</b> Ultimate Breakfast Rounds <b>Side Options:</b> Apple Sauce Cup, Peaches &amp; Orange Juice</p>	<p>17</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup <b>or</b> Pop Tart w/ Cheese Stick <b>Side Options:</b> Strawberry Cup, Banana &amp; Apple Juice</p>	<p>18</p> <p><b>Breakfast:</b> Ham &amp; Cheese Breakfast Bar <b>or</b> Ultimate Breakfast Round <b>Side Options:</b> Apple Sauce Cup, Pears &amp; Orange Juice</p>	<p>19</p> <p><b>Breakfast:</b> Breakfast Pizza <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Mixed Fruit, Apple Sauce &amp; Orange Juice</p>	
	<p>22</p> <p><b>Breakfast:</b> Pancake Wrap <b>or</b> Pop Tart w/ Cheese Stick <b>Side Options:</b> Peaches &amp; Apple Juice</p>	<p>23</p> <p><b>Breakfast:</b> Breakfast Sandwich <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Apple Sauce Cup, Peaches &amp; Orange Juice</p>	<p>24</p> <p><b>Breakfast:</b> Waffles w/ Syrup <b>or</b> Pop Tart w/ Cheese Stick <b>Side Options:</b> Strawberries, Banana &amp; Apple Juice</p>	<p>25</p> <p><b>Breakfast:</b> Breakfast Bites <b>or</b> Ultimate Breakfast Round <b>Side Options:</b> Apple Sauce Cup, Pears &amp; Orange Juice</p>	<p>26</p> <p><b>Breakfast:</b> Jump Start Kit <b>or</b> Banana Muffin w/ Cheese Stick <b>Side Options:</b> 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 <b>or</b> Pop Tart w/ Cheese Stick <b>Side Options:</b> Mixed Fruit, Apple Sauce &amp; Orange Juice</p>	<p>30</p> <p><b>Breakfast:</b> Pancakes <b>or</b> Ultimate Breakfast Round <b>Side Options:</b> Strawberries, Banana &amp; Apple Juice</p>	<p>31</p> <p><b>Breakfast:</b> French Toast Sticks w/ Syrup <b>or</b> Assorted Cereal w/ Cheese Stick <b>Side Options:</b> Strawberries, Sliced Peaches &amp; Apple Juice</p>	<p><b>Follow us on Facebook:</b>  <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 All For One Low Price!</li> </ol>	