

# wake up!

to

## School Breakfast

**Nutrition Tip:** Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



January 2021

**Nativity of Mary School Breakfast Menu**





**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1



<p style="text-align: right;">4</p> <p><b>Double Chocolate Muffin</b> <b>Graham Crackers</b></p> <p>Raisins Milk</p>	<p style="text-align: right;">5</p> <p><b>Strawberry Mini Bagels</b></p> <p>Grape Juice Milk</p>	<p style="text-align: right;">6</p> <p><b>Mini Cinnamon Roll</b></p> <p>Apple Juice Milk</p>	<p style="text-align: right;">7</p> <p><b>Glazed Donut</b></p> <p>Peaches Milk</p>	<p style="text-align: right;">8</p> <p><b>Cinnamon Toast Crunch Bar</b></p> <p>Orange Juice Milk</p>
<p style="text-align: right;">11</p> <p><b>Blueberry Muffin</b> <b>Graham Crackers</b></p> <p>Apple Juice Milk</p>	<p style="text-align: right;">12</p> <p><b>Banana Chocolate Chunk Benefit Bar</b></p> <p>Chilled Fruit Milk</p>	<p style="text-align: right;">13</p> <p><b>Soft Baked Cocoa Puff Breakfast Bar</b></p> <p>Orange Juice Milk</p>	<p style="text-align: right;">14</p> <p><b>Frosted Flakes Cereal</b> <b>Graham Crackers</b></p> <p>Fresh Banana Milk</p>	<p style="text-align: right;">15</p> <p><b>Mini Confetti Pancakes</b></p> <p>Grape Juice Milk</p>
<p style="text-align: right;">18</p> <div style="border: 1px solid blue; padding: 5px; text-align: center;">  <p><b>Martin Luther King Jr. Day</b> I HAVE A DREAM</p> <p><b>No School</b></p> </div>	<p style="text-align: right;">19</p> <p><b>Cinnamon Mini Bagels</b></p> <p>Fresh Apple Milk</p>	<p style="text-align: right;">20</p> <p><b>Oatmeal Chocolate Chip Benefit Bar</b></p> <p>Grape Juice Milk</p>	<p style="text-align: right;">21</p> <p><b>Breakfast Pastry Variety</b></p> <p>Chilled Juice Milk</p>	<p style="text-align: right;">22</p> <p><b>Assorted Pancake Bites</b></p> <p>Orange Juice Milk</p>
<p style="text-align: right;">25</p> <p><b>Banana Muffin</b> <b>Graham Crackers</b></p> <p>Apple Juice Milk</p>	<p style="text-align: right;">26</p> <p><b>Glazed Donuts</b></p> <p>Grape Juice Milk</p>	<p style="text-align: right;">27</p> <p><b>Assorted Cereal</b> <b>Graham Crackers</b></p> <p>Fruit Cup Milk</p>	<p style="text-align: right;">28</p> <p><b>Cherry Fruit Strudel</b></p> <p>Chilled Juice Milk</p>	<p style="text-align: right;">29</p> <p><b>Mini Cinni Bites</b></p> <p>Apple Juice Milk</p>

Milk Included with Breakfast::  
Low-Fat White, Fat Free White or  
Fat Free Chocolate

USDA and this institution are equal opportunity providers and employers.

