

JANUARY FRIENDLY HILLS BREAKFAST MENU 2017 – 2018

Menu Subject To Change

* Contains Pork

Middle School Breakfast \$1.25

Milk ½ Pint \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Sandwich* 2	Oatmeal Round 3	Waffles 4	Smoothie Day 5
	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Grain Choice Fruit and/or Juice Choice 1% or Skim Milk
Breakfast Sandwich* 8	Breakfast Pizza* 9	Pancakes 10	Pancake & Sausage Wrap 11	Smoothie Day 12
Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Grain Choice Fruit and/or Juice Choice 1% or Skim Milk
15	Breakfast Sandwich 16	Oatmeal Round 17	Waffles 18	Smoothie Day 19
NO SCHOOL Martin Luther King Jr. Day	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Grain Choice Fruit and/or Juice Choice 1% or Skim Milk
Breakfast Sandwich* 22	Breakfast Pizza* 23	Pancakes 24	25	26
Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	NO SCHOOL	NO SCHOOL
French Toast Sticks 29	Breakfast Sandwich 30	Oatmeal Round 31		
Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk	Fruit and/or Juice Choice 1% or Skim Milk		

Daily Alternate Breakfast: Grain Choice, Protein Choice, Fruit and/or Juice, 1% or Skim Milk

Grain Choices may include: cereal, granola bar, muffin, or bagel

Protein Choices may include: string cheese, hard-boiled egg, or low-fat yogurt, scrambles eggs