



JANUARY | 2019

BES BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Happy New Year!	2 Winter Break	3 Variety of Cereal Bars Cheese Stick	4 Cherry or Apple Frudel
7 Nutri Grain Bar Cheese Stick	8 Pop Tarts	9 Cereal Bowl Choice Animal Crackers	10 Mini Cinnis	11 No School Conferences
14 Whole Grain Muffin Cheese Stick	15 Cherry or Apple Frudel	16 Cinnamon Breakfast Cookie	17 Pop Tarts	18 Cereal Bowl Choice Animal Crackers
	22 Nutri Grain Bar Cheese Stick	23 Mini Cinnis	24 Pop Tarts	25 Variety of Cereal Bars Cheese Stick
28 Whole Grain Muffin Cheese Stick	29 Cinnamon Breakfast Cookie	30 Kellogg's Pop Tarts	31 Cereal Bowl Choice Animal Crackers	1 Mini Cinnis

Daily Offerings:
Fresh, cupped fruit or
100% Fruit Juice.

Milk Offered Daily:
1% White Milk
FF Chocolate Milk
FF Strawberry Milk

Each Breakfast meal includes three components with two servings of whole grain rich bread or one meat/protein and one whole grain bread serving (entrée), two servings of fruit and an 8 oz. milk. To make a complete breakfast, all students must take a full serving of bread/meat entrée item and at least 1 serving of fruit and milk.

Free Breakfast available daily 8:10-8:40 a.m. in the classroom.