



# EGCSD Breakfast Menu K-8



**January 2022**

Menu Subject to Change


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

A	<b>3) Whole Grain Poptart</b> 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>4) Cereal bar</b> 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>5) Pillsbury mini waffles</b> Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>6) Delicious Frudel</b> Cherry or Apple 100% Juice cup Fresh fruit or Light fruit cup Low Fat or Fat Free Milk	<b>7) Pillsbury Pull Apart Bagel</b> With cream cheese filling 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
B	<b>10) Assorted cereal bowls</b> 1 oz. cheese stick 100% juice cup Fresh fruit or light fruit cup Low fat or fat free milk	<b>11) Delicious Frudel</b> Cherry or Apple 100% Juice cup Fresh fruit or Light fruit cup Low Fat or Fat Free Milk	<b>12) Lender's bagel</b> 1oz cream cheese 100% juice cup Fresh fruit or light fruit cup Low fat or fat free milk	<b>13) Pillsbury pull apart bagel</b> With cream cheese filling 100% juice cup Fresh fruit or light fruit cup Low fat or fat free milk	<b>14) Assorted cereal bowls</b> 1 oz. cheese stick 100% juice cup Fresh fruit or light fruit cup Low fat or fat free milk
A	<b>17) No School Martin Luther King, Jr. Day</b>	<b>18) Poptart</b> 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>19) Whole grain muffin</b> 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>20) Lender's bagel</b> 1oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>21) Pillsbury mini waffles</b> Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
B		<b>24) Pillsbury Pull Apart Bagel</b> With cream cheese filling 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>25) Lender's bagel</b> 1oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>26) Cereal bar</b> 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	<b>27) Pillsbury mini waffles</b> Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
A	<b>31) Assorted cereal bowls</b> 1 oz. cheese stick 100% juice cup Fresh fruit or light fruit cup Low fat or fat free milk				



*This institution is an equal opportunity provider and employer*

All meals include fresh fruit, 100% juice, low fat or fat free milk



We serve a variety of breakfast items

Menu subject to change

All meals meet the Whole grain requirement