

January 2022

Mid-Atlantic Regional Breakfast Menu



BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Whole Grain Muffin String Cheese Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p>Blueberry Bread housemade Assorted Fruit Skim/1% Milk</p>	<p>5</p> <p>Assorted Yogurt Cup Granola (1/4 cup) Assorted Fruit Skim/1% Milk</p>	<p>6</p> <p>Sausage Biscuit Assorted Fruit Skim/1% Milk</p>	<p>7</p> <p>Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk</p>
<p>10</p> <p>Whole Grain Cereal String Cheese Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p>Banana Bread housemade Assorted Fruit Skim/1% Milk</p>	<p>12</p> <p>Whole Grain French Toast Sticks Assorted Fruit Skim/1% Milk</p>	<p>13</p> <p>Egg & Cheese Breakfast Sandwich Assorted Fruit Skim/1% Milk</p>	<p>14</p> <p>Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>Blueberry Bread housemade Assorted Fruit Skim/1% Milk</p>	<p>19</p> <p>Assorted Yogurt Cup Granola (1/4 cup) Assorted Fruit Skim/1% Milk</p>	<p>20</p> <p>Sausage Biscuit Assorted Fruit Skim/1% Milk</p>	<p>21</p> <p>Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk</p>
<p>24</p> <p>Whole Grain Cereal Yogurt/String Cheese Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p>Pumpkin Bread housemade Assorted Fruit Skim/1% Milk</p>	<p>26</p> <p>Whole Grain Pancakes Syrup Assorted Fruit Skim/1% Milk</p>	<p>27</p> <p>Sausage English Muffin Assorted Fruit Skim/1% Milk</p>	<p>28</p> <p>Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk</p>
<p>31</p> <p>Whole Grain Muffin String Cheese Assorted Fruit Skim/1% Milk</p>				

This institution is an equal opportunity provider.

NOTE: Menu subject to change