



January Breakfast Menu 2020

Burke Basic School



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | | 1 Winter Vacation | 2 Winter Vacation | 3 Winter Vacation |
| 6 Cinnamon Toast Crunch Cereal Apple Nutrigrain Bar 100% Fruit Juice Whole Apple Choice of Milk | 7 Apple Frudel Fresh Apple Whole Orange Choice of Milk | 8 Fruity Cheerios Cereal Vanilla Goldfish Crackers Fresh Orange Whole Apple Choice of Milk | 9 Cini Minis Applesauce Cup Whole Orange Choice of Milk | 10 Mini Waffles 100% Fruit Juice Whole Apple Choice of Milk |
| 13 Apple Frudel 100% Fruit Juice Whole Apple Choice of Milk | 14 Lowfat Yogurt Cheez Its Fresh Apple Whole Orange Choice of Milk | 15 Cocoa Puffs Bar Mozzarella String Cheese Fresh Orange Whole Apple Choice of Milk | 16 Blueberry Muffin Multigrain Frosted Flakes Cereal Applesauce Cup Whole Orange Choice of Milk | 17 Mini Pancakes 100% Fruit Juice Whole Apple Choice of Milk |
| 20 No School | 21 Cinnamon Toast Crunch Cereal Apple Nutrigrain Bar Fresh Apple Whole Orange Choice of Milk | 22 Fruity Cheerios Cereal Vanilla Goldfish Crackers Fresh Orange Whole Apple Choice of Milk | 23 Honeybun Applesauce Cup Whole Orange Choice of Milk | 24 Mini Waffles 100% Fruit Juice Whole Apple Choice of Milk |
| 27 Cini Mini 100% Fruit Juice Whole Apple Choice of Milk | 28 Lowfat Yogurt Cheez Its Fresh Apple Whole Orange Choice of Milk | 29 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Whole Apple Choice of Milk | 30 Banana Muffin Golden Grahams Cereal Applesauce Cup Whole Orange Choice of Milk | 31 Half Day Mini Pancakes 100% Fruit Juice Whole Apple Choice of Milk |

Drinking Water is made available to youth at all times at drinking fountains located in this facility
 **Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
 This Institution is an equal opportunity provider