

Late Fall/ Winter Cycle - BREAKFAST

HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
	01/01/2019 NO SCHOOL TODAY	01/02/2019 WG Chai Cheesecake Muffin Fresh Red Apples Choice of Milk	01/03/2019 Hard Boiled Egg White WG Loaf Mixed Fruits Choice of Milk	01/04/2019 Pumpkin & Cream Cheese Bread Apple Juice Choice of Milk
01/07/2019 WW Banana Bread Cheese Stick Fresh Pears Choice of Milk	01/08/2019 Turkey Patty and Biscuit Fresh Red Apples Syrup Choice of Milk	01/09/2019 Chocolate Chip Pancakes Mixed Fruits Choice of Milk	01/10/2019 Apple Cinnamon Muffin Pineapple Choice of Milk	01/11/2019 Wheat Bagels Scrambled Eggs Mixed Fruits Choice of Milk
01/14/2019 Wheat Bagels Cream Cheese Fresh Green Apples Choice of Milk	01/15/2019 Banana Bread Pudding Fresh Green Apples Choice of Milk	01/16/2019 White WG Loaf Scrambled Eggs Apple Juice Choice of Milk	01/17/2019 Yogurt Parfaits & Granola Seedless Grapes Choice of Milk	01/18/2019 Whole Grain Pancakes Syrup (ss) Fresh Red Apples Choice of Milk
01/21/2019 NO SCHOOL TODAY	01/22/2019 Egg & Cheese Biscuit Bananas Choice of Milk	01/23/2019 French Toast Sticks Fresh Red Apples Maple Syrup Choice of Milk	01/24/2019 Sweet Potato Waffles Maple Syrup Fresh Pears Choice of Milk	01/25/2019 Cinnamon Raisin WG Bagels Cream Cheese Fresh Green Apples Choice of Milk
01/28/2019 Blueberry Bread Pudding Maple Syrup Apple Juice Choice of Milk	01/29/2019 Whole Grain Waffles Maple Syrup Fresh Oranges Choice of Milk	01/30/2019 WW Egg Burrito Fresh Pears Choice of Milk	01/31/2019 Cocoa Puffs Cereal Bananas Choice of Milk	02/01/2019 WG Chai Cheesecake Muffin Fresh Red Apples Choice of Milk
02/04/2019 Hard Boiled Egg White WG Loaf Mixed Fruits Choice of Milk	02/05/2019 Pumpkin & Cream Cheese Bread Apple Juice Choice of Milk	02/06/2019 WW Banana Bread Cheese Stick Fresh Pears Choice of Milk	02/07/2019 Turkey Patty and Biscuit Fresh Red Apples Syrup Choice of Milk	02/08/2019 Chocolate Chip Pancakes Mixed Fruits Choice of Milk

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.
Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat