



Breakfast Menu – NSP Hot Option

January 2024

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 1 HAPPY NEW YEAR!	January 2 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	January 3 WG Corn Muffin Fruit Milk	January 4 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	January 5 WG Pancake Fruit Milk
January 8 WG Honey Graham Squares 100% Juice Box, Fruit Cup Goldfish Milk	January 9 Yogurt & Granola Fruit Milk	January 10 WG Blueberry Muffin Fruit Milk	January 11 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez-its Milk	January 12 WG Waffle Fruit Milk
January 15 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	January 16 Yogurt & Granola Fruit Milk	January 17 WG Apple Cinnamon Muffin Fruit Milk	January 18 WG Marshmallow Mateys 100% Fruit Juice, Fruit Cup Cheez-its Milk	January 19 WG French Toast Fruit Milk
January 22 WG Honey Graham Squares 100% Fruit Juice, Fruit Cup Goldfish Milk	January 23 Yogurt & Granola Fruit Milk	January 24 WG Banana Muffin Fruit Milk	January 25 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez Its Milk	January 26 WG Pancake Fruit Milk
January 29 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	January 30 Yogurt & Granola Fruit Milk	January 31 WG Corn Muffin Fruit Milk	February 1 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	February 2 WG Waffle Fruit Milk

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos