


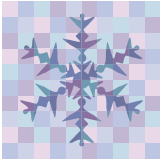



January 2019 Rhodes School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
				
7	8	9	10	11
1 oz. WG Cereal 1 oz. WG Graham Crackers ½ c. Mandarin Orange Cup ½ c. Juice 1 c. Milk	2 oz. WG Blueberry Muffin ½ c. Fresh Pear ½ c. Juice 1 c. Milk	1 oz. WG Cereal Bar 1 oz. Mozz. String Cheese ½ c. Fresh Apple ½ c. Juice 1 c. Milk	2 oz. WG Bagel 1 oz. LF Cream Cheese ½ c. Banana ½ c. Juice 1 c. Milk	1 oz. WG Cereal 1 oz. WG Animal Crackers ½ c. Fresh Orange ½ c. Juice 1 c. Milk
14	15	16	17	18
2 oz. WG Muffin ½ c. Pineapple Chunks ½ c. Juice 1 c. Milk	2 oz. WG Bagel 1 oz. LF Cream Cheese ½ c. Fresh Apple ½ c. Juice 1 c. Milk	1 oz. WG Cereal ½ c. Fruit Yogurt ½ c. Raisins ½ c. Juice 1 c. Milk	2 oz. WG Banana Muffin ½ c. Pear Cup ½ c. Juice 1 c. Milk	1 oz. WG Cereal Bar 1 oz. Mozz. String Cheese ½ c. Banana ½ c. Juice 1 c. Milk
21	22	23	24	25
MARTIN LUTHER KING JR. DAY - NO SCHOOL	1 oz. WG Cereal 1 oz. WG Graham Crackers ½ c. Fresh Pear ½ c. Juice 1 c. Milk	2 oz. WG Muffin ½ c. Pineapple chunks ½ c. Juice 1 c. Milk	2 oz. WG Bagel 1 oz. LF Cream Cheese ½ c. Banana ½ c. Juice 1 c. Milk	1 oz. WG Cereal ½ c. Fruit Yogurt ½ c. Mandarin Orange Cup ½ c. Juice 1 c. Milk
28	29	30	31	
2 oz. WG Bagel 1 oz. LF Cream Cheese ½ c. Mandarin Orange Cup ½ c. Juice 1 c. Milk	1 oz. WG Cereal Bar 1 oz. Mozz. String Cheese ½ c. Fresh Apple ½ c. Juice 1 c. Milk	2 oz. WG Muffin ½ c. Raisins ½ c. Juice 1 c. Milk	1 oz. WG Cereal 1 oz. WG Animal Crackers ½ c. Fresh Orange ½ c. Juice 1 c. Milk	2 oz. WG Bagel 1 oz. LF Cream Cheese ½ c. Banana ½ c. Juice 1 c. Milk