



# Arlene's January 2024 K-8 Breakfast Menu

1 New Year's Day	2 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	3 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	4 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	5 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13
8 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	9 String Cheese & Grahams (1m, 1wg) 13 Tree Top Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	10 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	11 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	12 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13
15 MLK Day	16 Strawberry Chex (1wg) 23 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	17 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	18 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	19 Super Breakfast Ring 29 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
22 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	23 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	24 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	25 Berry Muffin Top (1wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	26 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13
29 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	30 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	31 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13		<i>Carbs listed for each item in blue font</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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