



Arlene's January 2025 K-8 Breakfast Menu

<i>Carbs listed for each item in blue font</i>		1 Holiday Break	2 -----	3 -----
6 Cereal Bar (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	7 Chocolate Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	9 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
13 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	14 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 Chocolate Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17 Corn Muffin (2wg) 36 Berry Fruit Cup (1/2c) 22 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
MLK Day 20	21 Choc Muffin Top (1wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	23 Strawberry Pull Apart Bagel (2wg) 42 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	24 Mini Cinnis (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
27 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	28 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	29 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	30 Lemon Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	31 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13

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

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