


# January 2022 Breakfast Menu – All Levels

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b><u>Mayfield Milk Choices:</u></b></p> <p>White Skim (13) White 1% (13) Fat Free Chocolate(20) (No High Fructose Corn Syrup)</p>		<p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p>	<p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27) WG Post Cereal (14-27) Preschool WG Belly Bears (21)</p>
	<b>January 4<sup>th</sup></b>	<b>January 5<sup>th</sup></b>	<b>January 6<sup>th</sup></b>	<b>January 7<sup>th</sup></b>
	<p><b><u>Choose one</u></b></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Biscuit &amp; Gravy(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
<b>January 10<sup>th</sup></b>	<b>January 11<sup>th</sup></b>	<b>January 12<sup>th</sup></b>	<b>January 13<sup>th</sup></b>	<b>January 14<sup>th</sup></b>
<p><b><u>Choose one</u></b></p> <p>WG Mini Breakfast Clusters(38) - Ele/Middle/High Sweet Cinnamon Snack N' Waffle(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>Sweet Cinnamon Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
<b>January 17<sup>th</sup></b>	<b>January 18<sup>th</sup></b>	<b>January 19<sup>th</sup></b>	<b>January 20<sup>th</sup></b>	<b>January 21<sup>st</sup></b>
<p><i>Student Holiday</i></p>	<p><b><u>Choose one</u></b></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>Wild Blueberry Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Biscuit &amp; Gravy(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>

January 24 <sup>th</sup>	January 25 <sup>th</sup>	January 26 <sup>th</sup>	January 27 <sup>th</sup>	January 28 <sup>th</sup>
<p style="text-align: center;"><b>Choose one</b></p> <p>Sweet Cinnamon Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>	<p style="text-align: center;"><b>Choose one</b></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>	<p style="text-align: center;"><b>Choose one</b></p> <p>WG Biscuit &amp; Gravy(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>	<p style="text-align: center;"><b>Choose one</b></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>	<p style="text-align: center;"><b>Choose one</b></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>
January 31 <sup>st</sup>				
<p style="text-align: center;"><b>Choose one</b></p> <p>WG Mini Breakfast Clusters(38) - Ele/Middle/High WG Sausage Biscuit(23) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p style="text-align: center;">Milk, Fruit, Juice Choice</p>				