



RSU #74 BREAKFAST MENU

JANUARY 2019



	Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">All Menus Subject To Change Without Notice</p>		<p>1 <i>HOLIDAY</i> <i>No School</i></p> <p style="text-align: center; color: blue; font-weight: bold;">Happy New Year!</p>	<p>2</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>3</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>4 <u><i>YOGURT BAR</i></u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup</p>
<p style="text-align: center;">All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</p>	<p>7</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>8</p> <p>Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>9</p> <p>Waffle w/Syrup-1 Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>10</p> <p>Apple Pie Overnight Oats WG Muffin-2 oz Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>11 <u><i>YOGURT BAR</i></u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup</p>
<p><i>BREAKFAST PRICES</i> <i>All Students—FREE</i> <i>Adults \$1.00</i></p> <p><i>LUNCH PRICES</i> <i>All Students—FREE</i> <i>Adults \$4.50</i></p>	<p>14</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>15</p> <p>Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>16</p> <p>Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>17</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>18 <u><i>YOGURT BAR</i></u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup</p>
<p style="text-align: center;"><i>The USDA and this institution are equal opportunity employers & providers.</i></p>	<p>21</p> <p style="text-align: center;"><i>HOLIDAY</i> <i>No School</i></p>	<p>22</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>23 <i>Early Dismissal</i> Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>24</p> <p>Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>25 <u><i>YOGURT BAR</i></u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup</p>
	<p>28</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>29</p> <p>Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>30</p> <p>WW Pancakes-2 Warm Apple Topping-1/4 c Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>31</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup</p>	<p>1 <u><i>YOGURT BAR</i></u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup</p>