



# RSU #74 BREAKFAST MENU

## JANUARY 2018



	Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><b>All Menus Subject To Change Without Notice</b></p>	<p><b>HOLIDAY</b> <i>No School</i></p>	<p>2</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>3</p> <p>WW Pancakes-2 Warm Apple Topping-1/4 c Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>4</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>5 <u>YOGURT BAR</u></p> <p>Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>
<p style="text-align: center;"><b>All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</b></p>	<p>8</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>9</p> <p>Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>10</p> <p>Breakfast Cookie-1 Peanut butter-1 TBSP Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>11</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>12 <u>YOGURT BAR</u></p> <p>Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>
<p><b><i>BREAKFAST PRICES</i></b> <i>All Students—FREE</i> <i>Adults \$1.00</i></p> <p><b><i>LUNCH PRICES</i></b> <i>All Students—FREE</i> <i>Adults \$4.50</i></p>	<p><b>HOLIDAY</b> <i>No School</i></p>	<p>16</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>17</p> <p>Breakfast Pizza-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>18</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>19 <u>YOGURT BAR</u></p> <p>Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>
<p style="text-align: center;"><b><i>The USDA and this institution are equal opportunity employers &amp; providers.</i></b></p>	<p>22</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>23</p> <p>Benefit Bar-1 Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>24</p> <p>Waffle w/Syrup-1 Hard Boiled Egg-1 Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>25</p> <p>Apple Pie Overnight Oats WG Muffin-2 oz Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>26 <u>YOGURT BAR</u></p> <p>Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>
	<p>29</p> <p>WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>30</p> <p>Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>31</p> <p>Pancake &amp; Sausage on a Stick-1 Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>1</p> <p>Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>	<p>2 <u>YOGURT BAR</u></p> <p>Yogurt Parfait-1/2 cup Granola— 1/8 cup Graham Crackers-2 pkgs Fruit &amp; Juice Variety-1 cup Milk-1 cup</p>