

January

UNITIZED BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
HOLIDAY 1	HOLIDAY 2	HOLIDAY 3	HOLIDAY 4	HOLIDAY 5
Shelf Stable: Cinnamon Chex Cereal/Honey Graham Crackers 8	Blueberry Bagels/Cream Cheese French Toast Muffin 9	Zac Omega Blackberry Bar (DF) Yogurt/Educational Snacks 10	Plain Bagel/Cream Cheese Cinnamon Crumble 11	Multigrain Cheerios Cereal/Zac Attack Strawberry Bar (DF) Mini Dipperdoodle Bar/String Cheese 12
HOLIDAY 15	Cinnamon Chex Cereal/Zac Attack Apple Bar (DF) Zees Zees Berry Apple Crisp Bar (DF) 16	Skeeter Honey Grahams/Cinnamon Rumbles (DF) Lemon Muffin 17	Yogurt/Granola Blueberry Bagel/Cream Cheese 18	Cheerios Cereal/Zac Attack Apple Bar (DF) Dipperdoodle Bar (DF) 19
Yogurt/Educational Snacks Zees Zees Berry Apple Crisp Bar (DF) 22	Plain Bagel/Cream Cheese Blueberry Muffin 23	Autumn Spice Muffin Zac Omega Bar Strawberry (DF) 24	Blueberry Bagel/Cream Cheese Hard Boiled Egg/Dinner Roll 25	Cinnamon Chex/Zac Attack Apple Bar (DF) String Cheese/Skeeter Cinnamon Grahams 26
Cinnamon Chex Cereal/Zac Attack Strawberry Bar (DF) Mini Dipperdoodle Bar/String Cheese 29	Yogurt/Granola Lemon Muffin 30	Plain Bagel/Cream Cheese Cinnamon Crumble 31		

Happy New Year!

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

