



Rise and Shine

Chartiers Houston High School

Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Jan Breakfast Pizza Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple	3 Jan Waffles/W Sausage Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Orange	4 Jan Chicken Biscuit Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple	5 Jan Warm Cinnamon Roll Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple
7 Jan Waffles/W Sausage Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Orange	8 Jan Sausage Egg Cheese on Pretzel Bun Assorted Cold Cereal w/ Toast Assorted Juice Watermelon Craisins	9 Jan Ham Cheese Bagle Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Applesauce Cup	10 Jan Breakfast Pizza Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Banana	11 Jan Chicken Biscuit Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple
14 Jan Warm Cinnamon Toast Bar Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple	15 Jan Warm Dutch Waffle Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Orange	16 Jan Breakfast Sandwich Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Strawberry Craisins	17 Jan Mini French Toast Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Cinnamon Applesauce Cup	18 Jan Warm Cinnamon Roll Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple
21 Jan Apple Frudel Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Orange	22 Jan Waffle w/ Fruit topping Assorted Cold Cereal w/ Toast Assorted Juice Watermelon Craisins	23 Jan Breakfast Sandwich Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Applesauce Cup	24 Jan Mini Pancakes Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Banana	25 Jan French Toast Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Banana
28 Jan Breakfast Sandwich Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Strawberry Craisins	29 Jan Breakfast Pizza Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Apple	30 Jan Ham Cheese Bagle Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Applesauce Cup	31 Jan Mini Pancakes Assorted Cold Cereal w/ Toast Yogurt Cup w/ Toast Assorted Juice Fresh Banana	

Daily Fruit & Juice Options

Applesauce	Apple Juice
Diced Pears	Orange Juice
Mixed Fruit	Grape Juice
Fresh Apple	Fruit Punch
Fresh Orange	
Fresh Banana	

Daily Milk Options

1% White Milk
 Fat Free Chocolate
 Fat Free Vanilla
 1% Strawberry

Daily Grab & Go Breakfast

Variety of Benefit Bars
 6 Pack Donuts
 Mini Loafs
 Warm Bagel w/ Cream Cheese

