








# Allison Park January 2019 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	1-1 	1-2 	1-3 French Toast Sticks W/ Syrup or Cereal Half Bagel Fruit and Juice Milk	1-4 2 Waffles W/ Syrup Or Cereal Toast Fruit and Juice Milk
1-7 Breakfast Pizza or Cereal Toast Fruit or Juice Milk	1-8 Funnel Cake or Cereal Toast Fruit and Juice Milk	1-9 <b>Mini Donuts</b> or Cereal Toast Fruit and Juice Milk	1-10 Dunkin Stick or Cereal Toast Fruit and Juice Milk	1-11 Egg, Cheese and Bacon on a English Muffin or Cereal Toast Fruit and Juice Milk
1-14 Breakfast Pizza or Cereal Toast Fruit and Juice Milk	1-15 Funnel Cake or Cereal Toast Fruit and Juice Milk	1-16 <b>Mini Donuts</b> or Cereal Toast Fruit and Juice Milk	1-17 Egg and Cheese on a Biscuit Or Cereal Toast Fruit and Juice Milk	1-18 French Toast Sticks W/ Syrup Or Cereal Toast Fruit and Juice Milk
1-21 <b>Clerical Day</b> 	1-22 Funnel Cake or Cereal Toast Fruit and Juice Milk	1-23 <b>Mini Donuts</b> or Cereal Toast Fruit and Juice Milk	1-24 Pancake & Sausage Stick W/ Syrup or Cereal Toast Fruit and Juice Milk	1-25 Scrambled Eggs or Cereal Toast Fruit and Juice Milk
1-28 Breakfast Pizza or Cereal Toast Fruit and Juice Milk	1-29 Funnel Cake or Cereal Toast Fruit and Juice Milk	1-30 <b>Mini Donuts</b> or Cereal Toast Fruit and Juice Milk	1-31 2 Pancakes W/ Syrup or Cereal Toast Fruit and Juice Milk	

Breakfast The Most Important Meal Of The Day



Offer Versus Serve  
Students May Choose  
Four or Three Food  
Components  
For a Breakfast.

### New Nutrition Standards

All Breakfast Items Served  
Are Whole Grain.  
Students May Take Two  
Fruits or a Fruit and a Juice  
Students Must Take One  
Fruit or Juice or Vegetable  
For a Breakfast.

### Additional Choices

#### May Include

Yogurt, Pop Tarts,  
Cereal Bars, Bagels,  
English Muffin, Fruit Muffins,  
Mini Bread Loaves, Fresh  
Fruit, Crackers, Pastries,  
Baby Carrots,  
Jelly and Milk

### Breakfast Prices

Paid Breakfast \$1.70  
Reduced Breakfast \$0.30

Menu is subject to change