Student
$1.45

JANUARY 2020

This menu covers the following weeks in January 2020:
January 2-3, January 6-10, January 13-17, January 21-24 & January 27-31st
There is no breakfast on: January 1st or 20th

COME AND JOIN US FOR A DELICIOUS BREAKFAST!
A healthy school breakfast is the perfect way to jump start your day!

What makes a Breakfast?
Choose at least 3 of 4 items (and one must be a fruit or vegetable). **Choose all 4 for THE BEST breakfast!!**

Hot Entrée Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pancakes With Sausage	Egg & Cheese on a Bagel or Sausage Egg & Cheese on a Bagel	Waffles With Sausage	Egg & Cheese on a Bagel or Sausage Egg & Cheese on a Bagel	French Toast With Sausage
Cold Choice #2	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice
Cold Choice #3	Cinnamon Brown Sugar Whole Grain Pop Tart	Cinnamon Brown Sugar Whole Grain Pop Tart	Cinnamon Brown Sugar Whole Grain Pop Tart	Cinnamon Brown Sugar Whole Grain Pop Tart	Cinnamon Brown Sugar Whole Grain Pop Tart
Cold Choice #4	Assorted Cereal, Muffin & Granola Bars	Assorted Cereal, Muffin & Granola Bars	Assorted Cereal, Muffin & Granola Bars	Assorted Cereal, Muffin & Granola Bars	Assorted Cereal, Muffin & Granola Bars
100% Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Daily 100% Juice Choices:
Orange Juice
Grape Juice
Apple Juice

Daily Milk Choices:
Skim
1% White
1% Chocolate
1% Strawberry

Cereal Choices– all are whole grain & reduced sugar:
Cheerios
Cinnamon Toast Crunch
Lucky Charms
Cocoa Puffs

Assorted Fruit Choices:
Apple Slices
Oranges
Bananas
Raisin Box

Assorted Muffin & Granola Bars (all are whole grain):
WG Chocolate Chip Muffin
Oatmeal Chocolate Chip Granola Bar
Rice Crispy Cereal Bar

UPPER PERKIOMEN MIDDLE SCHOOL BREAKFAST