

January

PSN UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1	SHELF STABLE Corn Chex (PSN Only) 2	Blueberry Burst Whole Grain Bagel/Cream Cheese Breakfast Cinnamon Crumble 3	Yogurt/Skeeter HONEY Grahams Cheerios (DF) 4	• Apple Muffin • COLD Turkey and Cheddar Brekwich (English Muffin) 5
• Multigrain Cheerios (DF) • Yogurt/Granola/ Fruit 8	• French Toast Muffin • Corn Chex (DF) (VG) 9	• Cheerios (DF) • Breakfast Cinnamon Crumble 10	• Blueberry Muffin • Plain Whole Wheat Bagel/Cream cheese 11	• Lemon Muffin • String Cheese/Skeeter CINN Grahams 12
No School 15	• Corn Chex (DF) • Yogurt/Educational Snacks 16	• Breakfast Cinnamon Crumble • String Cheese/Skeeter CINN Grahams 17	• Apple Muffin • Yogurt/Granola/ Fruit 18	• Plain Whole Wheat Bagel/Cream Cheese • Multigrain Cheerios (DF) 19
• Cheerios (DF) • Skeeter HONEY Grahams/Cinnamon Rumbles (DF) 22	• String Cheese/Skeeter CINN Grahams • Plain Whole Wheat Bagel/Cream Cheese 23	• Corn Chex (DF) • Yogurt/Granola/ Fruit 24	• Blueberry Muffin • Multigrain Cheerios (DF) 25	• Skeeter HONEY Grahams/Cinnamon Rumbles (DF) • Breakfast Cinnamon Crumble 26
• Multigrain Cheerios (DF) • Yogurt/Remy's CINN Grahams 29	• Lemon Muffin • String Cheese/Skeeter CINN Grahams 30	• Blueberry Burst Whole Grain Bagel/Cream Cheese • Breakfast 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!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider

