

# Valley Grove January- February 9, 2018

## Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1/1/18 	1/2/18 Breakfast Pizza or Assorted Cereals with Muffin	1/3/18 Dutch Waffle or Assorted Cereals with Muffin	1/4/18 Sausage Pancake On a Stick or Assorted Cereals with Muffin	1/5/18 Powdered Sugar Donuts or Assorted Cereals with Muffin
	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/8/18 French Toast Sticks With Syrup or Assorted Cereals with Muffin	1/9/18 Cheese Omelette or Assorted Cereals with Muffin	1/10/18 Dutch Waffle or Assorted Cereals with Muffin	1/11/18 Cinnamon Bun or Assorted Cereals with Muffin	1/12/18 Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/15/18 Martin Luther King Day 	1/16/18 Breakfast Pizza or Assorted Cereals with Muffin	1/17/18 Dutch Waffle or Assorted Cereals with Muffin	1/18/18 Sausage Pancake On a Stick or Assorted Cereals with Muffin	1/19/18 Powdered Sugar Donuts or Assorted Cereals with Muffin
	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/22/18 French Toast Sticks With Syrup or Assorted Cereals with Muffin	1/23/18 Cheese Omelette or Assorted Cereals with Muffin	1/24/18 Dutch Waffle or Assorted Cereals with Muffin	1/25/18 Cinnamon Bun or Assorted Cereals with Muffin	1/26/18 Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/29/18 French Toast Sticks With Syrup or Assorted Cereals with Muffin	1/30/18 Breakfast Pizza or Assorted Cereals with Muffin	1/31/18 Dutch Waffle or Assorted Cereals with Muffin	2/1/18 Sausage Pancake On a Stick or Assorted Cereals with Muffin	2/2/18 Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>Student Paid Breakfast \$1.25    Student Reduced Breakfast \$0.30    Adult Breakfast \$1.85</b>				

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)  
and  
Choice of Milk  
Choice of Milk - fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

**Whole Grain Cereal Selection May Include:**

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes

Served with WG Muffin or WG Graham Crackers



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