



January Breakfast Sheppard

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
NO SCHOOL	Blueberry Muffin Froot Loops Cereal w/ Honey Grahams	Pancakes w/ Syrup Cinnamon Roll	Mantecada Muffin Egg & Cheese English Muffin Sandwich	Froot Loops Cereal w/ Honey Grahams Strawberry Yogurt Parfait w/ Cinnamon Granola
13	14	15	16	17
Cinnamon Crumble Egg & Cheese English Muffin Sandwich	Fruit & Yogurt Smoothie w/ Granola Froot Loops Cereal w/ Honey Grahams Waffle w/ Syrup	Banana Bread Egg Scramble w/ Roasted Potatoes & Dinner Roll	Chocolate Chip Muffin Top Breakfast Burrito	Maple Beef Sausage & Pancake Sandwich Conchita w/ String Cheese
20	21	22	23	24
NO SCHOOL	Mantecada Muffin Froot Loops Cereal w/ Honey Grahams	Cinnamon Chex Cereal w/ Honey Grahams Pancakes w/ Syrup	Vanilla Muffin Apple Jacks Cereal w/ Honey Grahams	Froot Loops Cereal w/ Honey Grahams Strawberry Yogurt Parfait w/ Cinnamon Granola
27	28	29	30	31
Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Cinnamon Chex Cereal w/ Honey Grahams Waffle w/ Syrup	Banana Bread Egg Scramble w/ Roasted Potatoes & Dinner Roll	Chocolate Chip Muffin Top Breakfast Burrito	Conchita w/ String Cheese Maple Beef Sausage & Pancake Sandwich
Breakfast Includes:	Featured Fruit:			
Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Orange (1/2 C), Dried Cranberries (1/2 C), Applesauce Cup (1/2 C)		All meals are provided with a choice of produce and a choice of milk	

