



JANUARY | 2022

MEHP K-5th Grade Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>3 No School: Winter Break</p> | <p>4 No School: Winter Break</p> | <p>5 WGR Waffles Applesauce Cup 100% Apple Juice Choice of Milk</p> | <p>6 WGR Pancakes Turkey Sausage Fresh Strawberries 100% Juice Choice of Milk</p> | <p>7 WGR Cereals WGR Muffin Chilled Mixed Fruit 100% White Grape Juice Choice of Milk</p> |
| <p>10 WGR Apple Filled Strudel Applesauce Cup 100% Juice Choice of Milk</p> | <p>11 WGR French Toast Chilled Mixed Fruit Yogurt Cup 100% Orange Juice Choice of Milk</p> | <p>12 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk</p> | <p>13 WGR Cereals WGR Muffin Fresh Banana 100% White Grape Juice Choice of Milk</p> | <p>14 WGR Pancakes Turkey Sausage Chilled Peaches 100% Orange Juice Choice of Milk</p> |
| <p>17 No School: MLK Day</p> | <p>18 WGR Cereals WGR Muffin Fresh Pineapple 100% White Grape Juice Choice of Milk</p> | <p>19 WGR Waffles Fresh Banana 100% Apple Juice Choice of Milk</p> | <p>20 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk</p> | <p>21 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Choice of Milk</p> |
| <p>24 WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk</p> | <p>25 WGR Bagel w/ Low Fat Cream Cheese Fresh Orange Wedges 100% Orange Juice Choice of Milk</p> | <p>26 WGR Waffles Applesauce Cup 100% Apple Juice Choice of Milk</p> | <p>27 WGR Pancakes Turkey Sausage Fresh Strawberries 100% Juice Choice of Milk</p> | <p>28 WGR Cereals WGR Muffin Chilled Mixed Fruit 100% White Grape Juice Choice of Milk</p> |
| <p>31 WGR Apple Filled Strudel Applesauce Cup 100% Juice Choice of Milk</p> | <p>1 WGR French Toast Chilled Mixed Fruit Yogurt Cup 100% Orange Juice Choice of Milk</p> | <p>2 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk</p> | <p>3 WGR Cereals WGR Muffin Fresh Banana 100% White Grape Juice Choice of Milk</p> | <p>4 WGR Pancakes Turkey Sausage Chilled Peaches 100% Orange Juice Choice of Milk</p> |

News

Breakfast Includes up to 1 of each:

>Entrée (includes grain & sometimes meat/meat alternative)

> 100% Fruit Juice*

> Whole Fruit*

>Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk

***A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!