

January 2021 SFSP K-12 Bag Breakfast Menu No Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	First Grains in Food History				2 oz Assorted Breakfast Bread (1 item)
Three items meet USDA Requirements (One item must be fruit)	Einkorn, a very early ancestor of wheat is said to be in existence from 10000 years ago				100% 4 oz Juice (1 item)
	Emmer, another wheat variety, which is botanically more closer to modern wheat, could have been prevalent, possibly from 7000 years ago				Second Item (1 Item) *
	Rice, another dietary staple, is argued to be cultivated from 10000 years ago				Milk (OVS)
Week II	Barley has been in existence for more than 8000 years				*Second Item choice: Applesauce/Craisin/ Chz Stick/Cereal Bar (1 item each) *Chef's Choice may be offered daily
Breakfast	4 Assorted Muffin (1 item)	5 Mini Waffle Bag (1 Item)	6 BC Cinnamon Roll (1 Item)	7 Pop Tart (1 item)	8 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week III	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	11 Mini Pancake Bag (1 Item)	12 Corn Muffin (1 item)	13 WG Apple Donut (1 Item)	14 Mini Cinnis (1 Item)	15 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week VI	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	18 Assorted Breakfast Bread (1 item)	19 Assorted Cereal Bar (1 item)	20 Pop Tart (1 item)	21 Mini Pancake Bag (1 Item)	22 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week V	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	25 1.5 oz Breakfast Brekkie (1 item)	26 Honey Bun (1 Item)	27 Assorted Muffin (1 item)	28 Stuffed Cream Cheese Bagel (1 Item)	29 Buttery Maple Waffle (1 Item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week VI	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				