

## JANUARY 2023 Northside Breakfast Calendar

Breakfast Meal Pattern - K-8th



Select a minimum of 3 components

**1 fruit/ vegetable = 1 cup**  
**--fruit/juice and/or vegetable**  
**whole grain rich selection(s) = 1oz -**  
**-biscuit, roll, muffin, bread, cereal**  
**1 milk = 1 Cup**  
**--fluid milk**

Menu is subject to change  
without notice



**This institution is an  
equal opportunity  
provider.**

Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL 	3 NO SCHOOL	4 Cereal Bar Cheese Sticks Apple 100% Fruit Juice Milk	5 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	6 Mini Muffin GoGurt 100% Fruit Juice Cranberries Milk
9 Bug Bites Cold Cereal 100% Fruit Juice Cranberries Milk	10 Vanilla Goldfish Yogurt 100% Fruit Juice Applesauce Cup Milk	11 Cinnamon Bun 100% Fruit Juice Banana Milk	12 Cereal Bar 100% Fruit Juice Apple Milk	13 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
16 NO SCHOOL 	17 Super Donut GoGurt 100% Fruit Juice Cranberries Milk	18 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	19 Mini Cinnamon Pull Apart Cranberries 100% Fruit Juice Milk	20 Mini Donut Cheese Sticks 100% Fruit Juice Apple Milk
23 Tiger Bites Cold Cereal 100% Fruit Juice Raisins Milk	24 Breakfast Bar 100% Fruit Juice Banana Milk	25 Apple Frudel 100% Fruit Juice Applesauce Cup Milk	26 Cinnamon Bun Cheese Sticks 100% Fruit Juice Apple Milk	27 Mini Muffins GoGurt 100% Fruit Juice Cherry Craisins Milk
30 Cold Cereal Cookies & Cream Bar 100% Fruit Juice Cranberries Milk	31 Super Donut GoGurt 100% Fruit Juice Apple Slices Milk	