

January 2024**NORTHSIDE PREP****Breakfast Calendar**Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

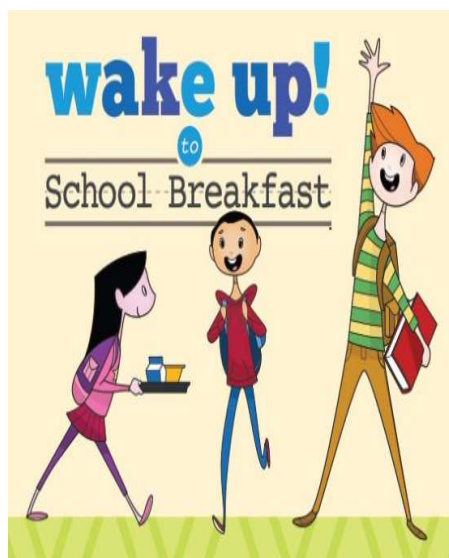
Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =minimum oz -- biscuit, roll, muffin,
bread, cereal**1 milk** = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability****This institution is an
equal opportunity
provider.**

Mon	Tue	Wed	Thu	Fri
1 No School 	2 No School	3 Cinnamon Bun Cheese Stick 100% Fruit Juice Apple	4 Pop Tart Cheddar Goldfish 100% Fruit Juice Strawberry Craisins	5 Mini Muffins GoGurt 100% Fruit Juice Apples
8 Super Donut Cheddar Goldfish 100% Fruit Juice Cranberries	9 Banana Breakfast Bread 100% Fruit Juice Apple Slices	10 Cereal Bar Cinnamon Goldfish 100% Fruit Juice Banana	11 Teddy Graham Cold Cereal 100% Fruit Juice Raisins	12 Mini Donut Ring Gogurt/Apple 100% Fruit Juice
15 No School 	16 Cinnamon Bun Cheese Stick Strawberry Craisins 100% Fruit Juice	17 Pop Tart Cold Cereal 100% Fruit Juice Banana	18 Scooby Sticks Yogurt 100% Fruit Juice Raisins	19 Banana Muffins Goldfish 100% Fruit Juice Cranberries
22 Cinnamon Pull Apart 100% Fruit Juice Apple	23 Pop Tart Cheese Sticks 100 % Fruit Juice Raisins	24 Cold Cereal Cookies Cream Granola Bar 100% Fruit Juice Strawberry Craisins	25 Cereal Bar Cinnamon Goldfish 100% Fruit Juice Cranberries	26 Super Donut Cheddar Goldfish 100% Fruit Juice Apple Slices
29 Super Star Mini Donuts GoGurt 100% Fruit Juice Apple	30 Cinnamon Bun Bug Bites 100% Fruit Juice Banana	31 Cold Cereal Chat Snax 100% Fruit Juice Apple Slices		