

Sylvan Heights Science Charter School

January 2018 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>4 Manager's Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>5 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>8 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>9 Cereal Bowl Fortified Pro-Star Donut Chilled Peaches & 100% Juice</p>	<p>10 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>11 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice</p>	<p>12 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice</p>
	<p>16 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>	<p>17 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>18 Manager's Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>19 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>22 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>23 Cereal Bowl Fortified Pro-Star Donut Chilled Peaches & 100% Juice</p>	<p>24 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>25 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice</p>	<p>26 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice</p>
<p>29 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>30 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>		<p>February 1 Manager's Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>2 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>

What Makes a Breakfast Meal?

Breakfast includes these

Meal Components:

Grains Fruits Milk

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments

Contact

Sharon Kidd, Director of Food Services
skidd@cdschools.org