




unkhannock Primary Center Breakfast

BREAKFAST

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Cereal Bar Apple Juice Choice Of Milk</p>	<p>4</p> <p>Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk</p>	<p>5</p> <p>WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk</p>	<p>6</p> <p>Cinnamon Poptart Apple Juice Choice Of Milk</p>
<p>9</p> <p>Chocolate WG Muffin Orange Juice Choice Of Milk</p>	<p>10</p> <p>Cereal Bar Apple Juice Choice Of Milk</p>	<p>11</p> <p>Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk</p>	<p>12</p> 	<p>13</p> <p>Cinnamon Poptart Apple Juice Choice Of Milk</p>
<p>16</p> 	<p>17</p> <p>Cereal Bar Apple Juice Choice Of Milk</p>	<p>18</p> <p>Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk</p>	<p>19</p> <p>WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk</p>	<p>20</p> <p>Cinnamon Poptart Apple Juice Choice Of Milk</p>
<p>23</p> <p>Blueberry WG Muffin Orange Juice Choice Of Milk</p>	<p>24</p> <p>Cereal Bar Apple Juice Choice Of Milk</p>	<p>25</p> <p>Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk</p>	<p>26</p> <p>WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk</p>	<p>27</p> <p>Cinnamon Poptart Apple Juice Choice Of Milk</p>
<p>30</p> <p>Chocolate WG Muffin Orange Juice Choice Of Milk</p>	<p>31</p> <p>Cereal Bar Apple Juice Choice Of Milk</p>			
	<p>Let It SNOW</p>			

 All Students may get one free breakfast.
Milk \$0.60

 Breakfast will be Served in classroom in Bag with Individually Wrapped Napkin, straw & plastic Spork 

What is a breakfast Meal?

You must choose at least 3 of 4 Components.

Choice of 2 Grain or 2 Grain/Protein
Choice of Fruit or Vegetable
(must take a 1/2 Cup Serving)

or
Choice of Milk

**Must take a 1/2 cup of fruit(including juice)
Or Vegetable

Fruit May include:
Assorted Fresh Fruit
Applesauce
100%juice



Start your day with a Hot Breakfast!