



# FMS & JHS Breakfast Menu

January 2018

**1**  
No School

*side items*

**2**  
Blueberry Muffin w/  
String Cheese

*side items*  
Orange Wedges, Raisins  
100% Fruit Juice, Low-Fat Milk

**3**  
Cinnamon Raisin  
Bagel w/ Cream  
Cheese

*side items*  
Banana, Applesauce  
100% Fruit Juice, Low-Fat Milk

**4**  
Trix Cereal Bar w/  
String Cheese

*side items*  
Orange Wedges, Raisins  
100% Fruit Juice, Low-Fat Milk

**5**  
English Muffin w/  
Jelly

*side items*  
Banana, Applesauce  
100% Fruit Juice, Low-Fat Milk

**8**  
Cherry Frudel

*side items*  
Fresh Apple, Pineapple  
100% Fruit Juice, Low-Fat Milk

**9**  
Apple Cinnamon  
Muffin w/ String  
Cheese

*side items*  
Fresh Pear, Craisins  
100% Fruit Juice, Low-Fat Milk

**10**  
French Toast Benefit  
Bar

*side items*  
Fresh Apple, Pineapple  
100% Fruit Juice, Low-Fat Milk

**11**  
Sausage Breakfast  
Pizza

*side items*  
Fresh Pear, Craisins  
100% Fruit Juice, Low-Fat Milk

**12**  
Cinnamon Granola  
Round w/ Cheese  
Stick

*side items*  
Fresh Apple, Pineapple  
100% Fruit Juice, Low-Fat Milk

**15**  
No School  
Martin Luther King Day

*side items*

**16**  
Banana Chocolate  
Chip Muffin w/ String  
Cheese

*side items*  
Fresh Apple, Raisins  
100% Fruit Juice, Low-Fat Milk

**17**  
Cocoa Puffs Cereal  
Bar with String  
Cheese

*side items*  
Grapes, Mixed Fruit  
100% Fruit Juice, Low-Fat Milk

**18**  
Sausage Breakfast  
Pizza

*side items*  
Fresh Apple, Raisins  
100% Fruit Juice, Low-Fat Milk

**19**  
Plain Bagel w/ Cream  
Cheese

*side items*  
Grapes, Mixed Fruit  
100% Fruit Juice, Low-Fat Milk

**22**  
English Muffin w/  
Jelly

*side items*  
Grapes, Mixed Fruit  
100% Fruit Juice, Low-Fat Milk

**23**  
Cinni Minis

*side items*  
Banana, Diced Peaches  
100% Fruit Juice, Low-Fat Milk

**24**  
Apple Bosco Stick

*side items*  
Orange Wedges, Craisins  
100% Fruit Juice, Low-Fat Milk

**25**  
Banana Benefit Bar

*side items*  
Banana, Diced Peaches  
100% Fruit Juice, Low-Fat Milk

**26**  
Apple Cinnamon  
Muffin w/ String  
Cheese

*side items*  
Orange Wedges, Craisins  
100% Fruit Juice, Low-Fat Milk

**29**  
Cinnamon Toast  
Breakfast Bar w/  
String Cheese

*side items*  
Banana, Applesauce  
100% Fruit Juice, Low-Fat Milk

**30**  
Banana Chocolate  
Chip Muffin w/ String  
Cheese

*side items*  
Fresh Apples, Raisin  
100% Fruit Juice, Low-Fat Milk

**31**  
Blueberry Bagel w/  
Cream Cheese

*side items*  
Banana, Applesauce  
100% Fruit Juice, Low-Fat Milk

**1**  
French Toast Benefit  
Bar

*side items*  
Fresh Apples, Raisin  
100% Fruit Juice, Low-Fat Milk

**2**  
ICM Breakfast Bar

*side items*  
Banana, Applesauce  
100% Fruit Juice, Low-Fat Milk

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Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

*Nutritional Messages may vary by school.*

**Menu Subject to Change:**

**Available Daily:**  
Assorted Cereals, Breakfast Sandwich's, Whole Grain Breakfast Bars, & Shri Bark

**Price:**  
Full: \$1.50 reduced: \$.40

**Milk:**  
1% Plain, Chocolate & Skim Milk