

Nazareth Prep Breakfast Menu



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1/7/19 Egg and Cheese Sandwich or Assorted Cereals	1/8/19 Waffles with Syrup or Assorted Cereals	1/9/19 Blueberry Mini Loaf or Assorted Cereals	1/10/19 Pancakes with Syrup or Assorted Cereals	1/11/19 Cheese Omelet with WG Toast or Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/14/19 Breakfast Pizza or Assorted Cereals	1/15/19 Banana Mini Loaf or Assorted Cereals	1/16/19 Grilled Egg Patty Sandwich or Assorted Cereals	1/17/19 Pancakes With Syrup or Assorted Cereals	1/18/19 Apple Mini Loaf or Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/21/19 No School	1/22/19 Waffles with Syrup or Assorted Cereals	1/23/19 Blueberry Mini Loaf or Assorted Cereals	1/24/19 Pancakes with Syrup or Assorted Cereals	1/25/19 Cheese Omelet with Toast or Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/28/19 Breakfast Pizza or Assorted Cereals	1/29/19 Banana Mini Loaf or Assorted Cereals	1/30/19 Grilled Egg Patty Sandwich or Assorted Cereals	1/31/19 Pancakes With Syrup or Assorted Cereals	2/1/19 Apple Mini Loaf or Assorted Cereals
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/4/19 Cheese Omelet with WG Toast or Assorted Cereals with Toast	2/5/19 Banana Mini Loaf or Assorted Cereals with Toast	2/6/19 Egg Patty and Sausage Sandwich or Assorted Cereals with Toast	2/7/19 Apple Mini Loaf or Assorted Cereals with Toast	2/8/19 Breakfast Burrito or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

What is a Meal?
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - 1% white, fat-free chocolate

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes



General Manager

Phone

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