



Jefferson Breakfast Menu

January 2017

2
CLOSED

3
Sausage Egg & Cheese Biscuit
Apple Muffin
Cheese Stick
Fresh Grapes
1% Milk

4
Waffle Madness Mini
Cheerios
Graham Cracker
Fresh Oranges
1% Milk

5
Egg Patty on English Muffin
Oatmeal Benefit Bar
Cheese Stick
Fresh Oranges
1% Milk

6
Egg & Cheese Omelet
Cinnamon Raisin Bagel
Cream Cheese
Fresh Apple Slices
1% Milk

9
Blueberry Waffle
Banana Muffin
Cheese Stick
Fresh grapes
1% milk

10
Pancake Sausage Wrap
Strawberry Cream
Cheese Bagel
Fresh Pears
1% Milk

11
French Toast Stick
Nutri-grain bar
Hard Boiled Egg
Fruit Punch
1% Milk

12
Triple berry French Toast
Froot Loops
Graham Cracker
Orange juice
1% milk

13
Bacon Egg & Cheese Bagel
Cherry Frudel
Yogurt Cup
Fresh Pear
1% Milk

16
Closed

17
Country Chicken Biscuit
Cinni Mini
Boiled Egg
Fresh Banana
1% Milk

18
Sausage Egg & Cheese Muffin
Bagel w/ Cream Cheese
Orange juice
1% Milk

19
Egg & Cheese Omelet
Frosted Flakes
Bran Muffin
Fresh Pear
1% Milk

20
Cinnamon Pancake
Blueberry Muffin
Cheese stick
Fresh Oranges
1% Milk

23
Bacon Egg & Cheese Bagel
Apple Cinnamon Muffin
Yogurt
Fresh Banana
1% Milk

24
Pancake Sausage Wrap
Apple Frudel
Cheese Stick
Fresh Pears
1% Milk

25
Egg & Cheese Bagel
Cheerios
Graham Cracker
Fresh Plum
1% Milk

26
Mini Blueberry Pancake
Banana Muffin
Cheese Stick
Apple Slices
1% Milk

27
Sausage & Egg Biscuit
Nutri-grain bar
Cheese Stick
Grape juice
1% Milk

30
Blueberry Waffle
Cinni Mini
Cheese Stick
Fresh Oranges
1% Milk

3
Bagel Egg & Cheese
Frosted Flakes
Graham Cracker
Fresh Grapes
1% Milk

1
Hash Brown
Hard Boiled Egg
Bagel with Cream Cheese
Apple Slices
1%Milk

2
Country Chicken Biscuit
Apple Frudel
Yogurt Cup
Fresh Pears
1% Milk

3
Pancake Sausage Wrap
Blueberry Muffin
Hard Boiled Egg
Fresh Banana
1% Milk

All Bread / Grain Selections are Whole-Grain Rich

For nutritional information visit
<http://plainfield.schooldish.com>

