



# 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>

