

JANUARY 2012 BREAKFAST MENU DWIGHT TOWNSHIP #230



Make Choices for a Healthy lifestyle!



Eat a variety of foods

Eat more fruits, vegetables & grains

Eat lower fat foods more often

Get your calcium rich foods

Be physically active

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST \$1.50 MILK .55	3 Super Donut Cinnamon Applesauce	4 Bagel w/Cream Cheese Orange Wedges	5 Blueberry Muffin 100% Pineapple Juice	6 French Toast Sticks w/Syrup Diced Peaches
9 English Muffin w/Peanut Butter Sweet Pears	10 Pancakes w/Syrup 100% Apple Juice	11 Breakfast Burrito Diced Peaches	12 Waffles w/Syrup Orange Wedges	NO SCHOOL
NO SCHOOL	17 Super Donut Cinnamon Applesauce	18 Bagel w/Cream Cheese Orange Wedges	19 Raspberry Breakfast Round 100% Pineapple Juice	20 French Toast Sticks w/Syrup Diced Peaches
23 English Muffin w/Peanut Butter Sweet Pears	24 Pancakes w/Syrup 100% Apple Juice	25 Breakfast Burrito Diced Peaches	26 Waffles w/Syrup Applesauce	27 Bagel w/Cream Cheese Orange Wedges
30 Cheesy Eggs w/Toast Pineapple Tidbits	31 Super Donut Cinnamon Applesauce			



PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.
1% and fat free milk offered daily. *Contains pork

