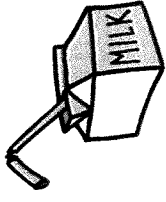




January Breakfast Menu 2019

Avalon Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School
7 Multigrain Frosted Flakes Cereal Apple NutriGrain Bar 100% Fruit Juice Diced Peach Cup Choice of Milk	8 Mini Strawberry Bagel w/Cream Cheese Fresh Apple 100% Fruit Juice Choice of Milk	9 Cheerios Cereal Elf Graham Crackers Fresh Orange 100% Fruit Juice Choice of Milk	10 Cinnaburst Bun Applesauce Cup 100% Fruit Juice Choice of Milk	11 Half Day Sausage & Cheese Muffin 100% Fruit Juice Diced Pear Cup Choice of Milk
14 Cini Mini 100% Fruit Juice Fruit Cocktail Cup Choice of Milk	15 Lowfat Yogurt Strawberry Team Cheerios Cereal Bar Fresh Apple 100% Fruit Juice Choice of Milk	16 Cinnamon Toast Crunch Cereal Mozzarella String Cheese Fresh Orange 100% Fruit Juice Choice of Milk	17 Chocolate Chip Muffin Cheerios Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	18 Half Day Breakfast Burrito 100% Fruit Juice Taco Sauce Diced Peach Cup Choice of Milk
21 Cheerios Cereal Cinnamon Toast Crunch Cereal Bar Whole Orange Diced Pear Cup Choice of Milk	22 Mini Strawberry Bagel w/Cream Cheese Fresh Apple 100% Fruit Juice Choice of Milk	23 Fruity Cheerios Cereal Cheez Its Fresh Orange 100% Fruit Juice Choice of Milk	24 Applesauce Muffin Cinnamon Toast Crunch Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	25 Half Day Mini Waffles 100% Fruit Juice Fruit Cocktail Cup Choice of Milk
28 Cini Mini 100% Fruit Juice Diced Peach Cup Choice of Milk	29 Lowfat Yogurt Trix Cereal Bar Fresh Apple 100% Fruit Juice Choice of Milk	30 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange 100% Fruit Juice Choice of Milk	31 Cinnaburst Bun Applesauce Cup 100% Fruit Juice Choice of Milk	


Drinking Water is made available to youth at all times at drinking fountains located in this facility
 **Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
 This Institution is an equal opportunity provider



January Lunch Menu 2019

Avalon Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
7 Popcorn Chicken w/Dinner Roll Mashed Potatoes Fruit Cocktail Ketchup Choice of Milk	8 Spaghetti w/Meat Sauce Fresh Sliced Cucumbers Fresh Orange Wedges Choice of Milk	9 Teriyaki Chicken w/Rice Fresh Baby Carrots Pineapple Chunks Fortune Cookie Choice of Milk	10 BBQ Chicken Sandwich w/Bun BBQ Baked Beans 100% Fruit Juice Choice of Milk	11 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
14 Beef Hot Dog w/Bun Three Bean Chili Applesauce Ketchup & Mustard Choice of Milk	15 Rolini w/Meat Sauce Fresh Baby Carrots Fresh Orange Wedges Choice of Milk	16 Popcorn Chicken Fresh Sliced Cucumbers Fresh Apple Wedges Ketchup Choice of Milk	17 Chicken Sandwich w/Bun Sweet Corn Diced Pears Ketchup Choice of Milk	18 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Pineapple Chunks FF Ranch Choice of Milk
21 Pepperoni or Cheese Pizza Fresh Baby Carrots 100% Fruit Juice Choice of Milk	22 Cheeseburger w/Bun Seasoned Green Beans Fruit Cocktail Ketchup & Mustard Choice of Milk	23 Beef & Rice Burrito Refried Beans Applesauce Salsa Choice of Milk	24 Roasted Turkey & Gravy Mashed Potatoes Fresh Orange Wedges Dinner Roll Choice of Milk	25 Half Day Chicken Strips w/Ketchup Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
28 Kickin Chicken Drumstick Sweet Corn Applesauce Dinner Roll Choice of Milk	29 Cheese Nachos Tortilla Chips Fresh Celery Sticks Fresh Apple Wedges Choice of Milk	30 Corn Dog 3 Bean Salad 100% Fruit Juice Ketchup & Mustard Choice of Milk	31 Bean & Cheese Burrito Fresh Baby Carrots Fresh Pear Salsa Choice of Milk	

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 **Fresh Salad & Veggie Bar serves FF Ranch Dressing
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
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