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THURSDAY MONDAY TUESDAY WEDNESDAY FRIDAY 3 Special 4 Mini Cinnamon Buns Scrambled egg 5 6 2 Hot Egg & Cheese Potato Hash browns Mini Pancakes String Cheese News... Bagel Happy New Year! String cheese **Orange Juice** Fresh Fruit Fruit Cup Breakfast for Schools Closed **Cinnamon Applesauce** Sliced Pears Juice Apple Juice students Fruit juice Low fat milk Low fat milk Low fat milk Low fat milk \$1.00 9 10 11 Egg & Cheese **12**French Toast Sticks **13** Sandwich on a WG Hot Egg & Cheese Scrambled egg Available French Toast Sticks String Cheese Potato Hash browns Bagel Daily: String Cheese Roll Fruit Cup Fruit Cup Orange Juice Hot Egg, Cheese Fruit Cup Apple Juice Orange juice Sliced Pears Apple Juice and sausage Orange juice Mixed Fruit Low fat Milk Low fat milk Low fat milk **SDW** Low fat Milk Low fat milk Assorted **17** French Toast Sticks Scrambled egg 18<sub>Hot Egg & Cheese</sub> 19 **20** Mini Pancakes 16 WG Breakfast Potato Hash browns Maple Syrup Martin Luther King String cheese Cereals Bagel Sausage Orange Juice Orange juice WG Bagels Day Fruit Cup **Diced Pears** Sliced Pears Fruit Cup Low fat Yogurts Schools Closed Apple Juice Low fat milk Orange juice Low fat milk All breakfast Low fat milk Low fat Milk meals must 25<sup>Mini Cinnamon Buns</sup> 23 26 include a fruit **27** Mini Pancakes with **24** heese Toast Bagel Egg Omelet Scrambled egg String Cheese and or a 100% Fruit Cup String Cheese Potato Hash browns Hash browns Fresh Fruit fruit juice Apple Juice Apple juice Orange Juice Orange Juice Juice Low fat Milk Sliced Pears Fruit Cup Sliced Pears Low fat milk **Ouestions**? Low fat milk Low fat milk Low fat milk Please Contact Barbara Stabile. Food Service Director 30 31 Mini Cinnamon Buns with Aramark Scrambled equ Did you know that if you are on the free or reduced meal program 274-4144 String Cheese Potato Hash browns for lunch. you are entitled to the same meal benefit at breakfast? Fresh Fruit **Orange Juice** So start your day with a healthy, delicious breakfast in your Juice Sliced Pears cafeteria! Low fat milk

## **Robert Frost Middle School**

Low fat milk



2017