

## JANUARY 2020

## Jefferson / Kennedy Breakfast

- L						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	30	31	1 NO SCHOOL	2 NO SCHOOL	NO SCHOOL	<b>News</b> Free Breakfast In The Classroom
	Cheerios Raisins Apple Juice 1% White Milk	7 Cherry Frudel Apple Orange Juice 1% White Milk	8 WG Breakfast Bar Banana Grape Juice 1% White Milk	9 Cream Cheese Bagel Applesauce Cup Fruit Punch 1% White Milk	10 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk	Foodservice reserves the right to change the menu without notice  Questions concerning the menu please contact Keri Carlson 231-398-3695 kcarlson@manistee.org  Free and Reduced lunch applications may be filled out online at www.lunchapp.com  Students must select 3 items to be a complete breakfast. One item must be a fruit or a juice
	RS Frosted Flakes Raisins Apple Juice 1% White Milk	14  WG Muffin  String Cheese  Peach Cup  Orange Juice 1% White Milk	15 WG Chocolate Cherry Bar Apple Slices Grape Juice 1% White Milk	16 Apple Frudel Applesauce Cup Fruit Punch 1% White Milk	17 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk	
	20 Cinnamon Toast Crunch Raisins Apple Juice 1% White Milk	21 Mini Pancakes Apple Orange Juice 1% White Milk	22 WG Breakfast Bar Banana Grape Juice 1% White Milk	Banana Bread Applesauce Cup Fruit Punch 1% White Milk	24 NO SCHOOL	
	27  Rice Krispie Cereal  Raisins  Apple Juice 1% White Milk	28 Cinni Mini Mixed Berry Cup Orange Juice 1% White Milk	29 WG Strawberry Crisp Bar Apple Slices Grape Juice 1% White Milk	WG Muffin Hard Boiled Egg Applesauce Cup Fruit Punch 1% White Milk	31 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk	