




# Kane Elementary - Middle School Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>HAPPY NEW YEAR!</b>	<b>January 2nd</b> #1 Scrambled Eggs & Toast #2 Pop-Tart w/ Breakfast Crackers	<b>January 3rd</b> #1 Sausage Breakfast Pizza #2 Mini Cinnis	<b>January 4th</b> #1 Funnel Cake #2 Chocolate Chip Muffin Flat	<b>January 5th</b> #1 French Toast Mini Sticks #2 Goody Ring Donut
<b>January 8th</b> #1 Egg & Cheese Biscuit #2 Strawberry Pastry	<b>January 9th</b> #1 Pancakes #2 Mini Bagels w/ Cream Cheese	<b>January 10th</b> #1 Sausage Breakfast Pizza #2 Soft-Filled Cinnamon Toast Crunch Bar	<b>January 11th</b> #1 Mini Waffles #2 Fresh Baked Donut	<b>January 12th</b> #1 Egg & Cheese Bagel #2 Honey Bun
<b>January 15th</b> 	<b>January 16th</b> #1 Sausage & Cheese English Muffin #2 Filled Croissant	<b>January 17th</b> #1 Sausage Breakfast Pizza #2 Iced Cinnamon Roll	<b>January 18th</b> #1 Funnel Cake #2 Cocoa Puff Cereal Blast Waffle	<b>January 19th</b> #1 French Toast Mini Sticks #2 Goody Ring Donut
<b>January 22nd</b> #1 Scrambled Eggs, Toast & Tots #2 Pop-Tart w/ Breakfast Crackers	<b>January 23rd</b> #1 Chicken & Biscuit Sandwich #2 Yogurt Cup w/ Crackers	<b>January 24th</b> #1 Sausage Breakfast Pizza #2 Mini Bagels w/ Cream Cheese	<b>January 25th</b> #1 Blueberry Muffin Flat #2 Fresh Baked Donut	<b>January 26th</b> #1 Tutti Frutti Cereal Blast Waffle #2 Honey Bun
<b>January 29th</b> #1 Egg & Cheese English Muffin #2 Fruit Frudel	<b>January 30th</b> #1 Cinnamon-Sugar Toast #2 Iced Cinnamon Roll	<b>January 31st</b> #1 Sausage Breakfast Pizza #2 Strawberry Pastry		

## What Makes a Breakfast a Meal?

### Take at least 3:

- **Two 1/2 cup fruit choices**
- **2 ounces of (whole) grain or protein**
- **1 cup of milk**

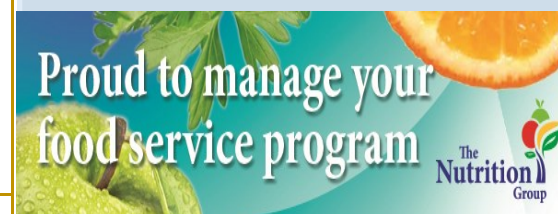
### DAILY FRUIT CHOICES may include:

Assorted Juice, Whole Fresh Fruits, Fruit Cup Varieties, Raisins, Craisins & Fresh Apple Slices

**ASSORTED CEREALS with Crackers & ASSORTED CEREAL BARS are \*Available Daily\*.**



**Milk Choices Offered Daily:**  
 Fat Free Chocolate or Strawberry  
 or 1% Low Fat White



**Pricing:**

**Students eat for FREE!**

**\*\*menu subject to change\*\***

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