



# Arlene's January 2025 K-8 Breakfast Menu

<i>Carbs listed for each item in blue font</i>		1 <b>Holiday Break</b>	2 -----	3 -----
6 Cereal Bar (1wg) <b>30</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	7 Chocolate Muffin (2wg) <b>36</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	8 Cinnamon Bun (2wg) <b>34</b> Peach Fruit Cup (1/2c) <b>21</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	9 Apple Strudel Pastry (2wg) <b>38</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	10 Cinnamon Toast Crunch Pastry (2wg) <b>40</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
13 Banana/Choc Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	14 Super Breakfast Ring (1g) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	15 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	16 Chocolate Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	17 Corn Muffin (2wg) <b>36</b> Berry Fruit Cup (1/2c) <b>22</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
<b>MLK Day</b>	21 Choc Muffin Top (1wg) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	22 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	23 Strawberry Pull Apart Bagel (2wg) <b>42</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	24 Mini Cinnis (2wg) <b>40</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
27 Apple Cinnamon Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	28 Blueberry Muffin (2wg) <b>36</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	29 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	30 Lemon Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	31 Super Breakfast Ring (1g) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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