



## Chartwells School District Montabella Elem Breakfast Menu January 2012 Universal Free Breakfast

Milk choices include: skim white, skim chocolate milk or 1% white milk

Monday	Tuesday	Wednesday	Thursday	Friday
2  No School	3  No School	4  Pipen Hot Oatmeal Served With Warm Baked Apples Milk	5  Whole Grain Reduced Fat Banana Nut Muffin Hard Boiled Egg Grapes Milk	6  Whole Grain French Toast Sticks Syrup- 1 oz. Orange Wedges Milk
9  Whole Grain Pancakes Served With Mixed Fruit Milk	10  Whole Grain Reduced Fat Blueberry Loaf Served With Graham Crackers Fresh Locally Grown Apple Milk	11  Western Scrambled Eggs Served With Whole Wheat Toast Home Fried Potatoes Milk	12  Whole Wheat Bagel Served With Low-Fat Cream Cheese Orange Slices Milk	13  Egg & Cheddar on Whole Wheat English Muffin Served With 100% Orange Juice Milk
16  Whole Grain Reduced Fat Blueberry Loaf Served With Low Fat String Cheese Fresh Pear Milk	17  Egg & Cheddar on a Whole Wheat Bagel Served With Orange Juice Milk	18  Whole Grain Pancakes Served With Turkey Sausage Patty Warm Fruit Topping Fresh Banana Milk	19  Fresh Baked Breakfast Round Served With Applesauce Milk	20  Cinnamon Apple Breakfast Quesadilla Served With Chilled Orange Juice Milk
23  Breakfast Fruit Yogurt Parfait (yogurt, granola and fruit) Served With Fresh Banana Milk	24  Whole Grain Breakfast Burrito Served With Fresh Locally Grown Apple Milk	25  Whole Wheat Pita Triangles Served With Apples & Carrots w/Peanut Butter for Dipping Grape Juice Milk	<b>26</b>  Cheesy Eggs Served With Whole Wheat Bagel Half with Promise Spread Fresh Orange Slices Milk	27  No School

AVAILABLE DAILY

Assortment of high fiber, low sugar cold cereals:

Cheerios, Kix, Corn Flakes, Reduced Sugar Cinnamon Toast Crunch, Reduced Sugar Trix, Bite Size Frosted Mini Wheats, Bite Size Chocolate Frosted Mini Wheats, Rice Krispies

All cereals served with your choice of:

Graham Cracker, Whole Wheat Reduced Fat Muffin, String Cheese or Yogurt

Fruit or Juice

Milk



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family.

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