




**JANUARY
2017
BREAKFAST MENU
WATERFORD PUBLIC SCHOOLS**



WHS/CLMS
Breakfast \$2.00
Reduced \$.30
many a la carte items

ALTERNATE BREAKFAST AVAILABLE DAILY: CEREAL, FRUIT, CHEESE STICK, MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Cereal Muffin Diced pears Milk	4 Whole grain apple frudel Cinnamon applesauce Milk	5 Breakfast round Cheese stick Melon cup Milk	6 Pancakes Sausage links Peach cup Milk
9 Cereal Muffin Banana Milk	10 Breakfast round Applesauce cup Milk	11 Warm muffin Diced peaches Milk	12 Cinnamon roll Cheese stick Applesauce Milk	13 Pancakes Melon slices 100% orange juice Milk
16  <i>Martin Luther King, Jr. Day</i>	17 Cereal Muffin Orange slices Milk	18 Egg & cheese on an English muffin Melon slices Milk	19 French toast sticks Banana Milk	20 Pancakes Sausage links Fruit choice Milk
23 Cereal Muffin Applesauce Milk	24 French toast sticks Banana Milk	25 Whole grain apple frudel Cinnamon applesauce Milk	26 Breakfast round Melon cup Milk	27 Pancakes Sausage links Peach cup Milk
30 Warm blueberry muffin Diced peaches Milk	31 Egg & cheese on a whole grain croissant Diced pears Milk			

**MILK: choice of low-fat (1% or less unflavored only)
or fat-free (unflavored or flavored)**

menus are subject to change