



BREAKFAST @SCHOOL

For first-class learning!

Prince George's County Elementary Schools

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR JANUARY 2015**

USDA is an equal opportunity provider and employer.

Monday, January 5

Kellogg's
Jump Start +

Choose One:
Applesauce

Choose One:
Assorted Milk

Tuesday, January 6

Choose One:
Egg & Cheese on Bun +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Mandarin Oranges
Grape Juice

Choose One:
Assorted Milk

Wednesday, January 7

Choose One:
Cinnamon Pancake
Sandwich +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Tropical Fruit Salad
Apple Juice

Choose One:
Assorted Milk

Thursday, January 8

Choose One:
Turkey Sausage
Breakfast Pizza
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Applesauce
Orange Juice

Choose One:
Assorted Milk

Friday, January 9

Choose One:
Ham, Egg & Cheese
Tac-Go*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Monday, January 12

Choose One:
Turkey Pancake Wrap on
a Stick
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Tropical Fruit Salad
Orange Juice

Choose One:
Assorted Milk

Tuesday, January 13

Choose One:
Toast & Pork Sausage*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple
Grape Juice

Choose One:
Assorted Milk

Wednesday, January 14

Choose One:
Pumpkin Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, January 15

Choose One:
Strawberry & Yogurt
Parfait w/Graham
Crackers +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 16

Choose One:
Southwestern Breakfast
Empanada +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Applesauce
Assorted Juices

Choose One:
Assorted Milk

**Finally, a New Year's
resolution
that's easy
to keep!**

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition.

So why not resolve to take advantage of this great service every day? This New Year, do your kids -- and your family budget -- a favor. Encourage your kids to join us for lunch -- *and breakfast* -- at school every day!



Breakfast \$1.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
301-952-6517

First things First



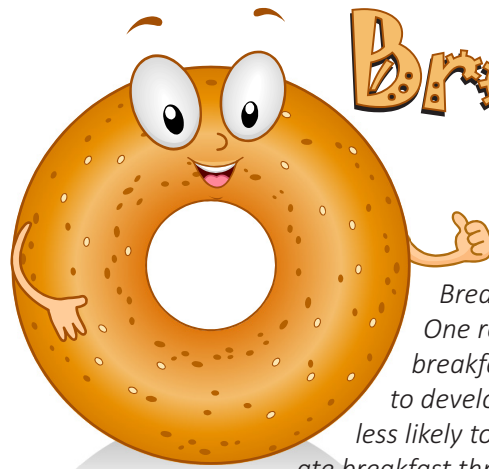
**NEW THIS YEAR
FOR YOUR
BREAKFAST
@SCHOOL!**

**For a
Complete Breakfast
select at least
ONE FRUIT and TWO
other food items.**

**Some choices may count as 2 items.
Please ask for help if you need it.**



Featuring Healthy Fruits & Grains!



**Breakfast
Bites!**

*Breakfast really is a miracle meal!
One recent study found that daily
breakfast eaters were 34% less likely
to develop type 2 diabetes and 43%
less likely to become obese than folks who
ate breakfast three or fewer times per week.*

**Martin Luther King Jr's
Birthday**



**January 19
No School**

Available Daily!

Daily Breakfast Offerings

Assorted General Mills Cereals w/Graham Crackers+

Seasonal Fresh Fruit & Fruit Cup
100% Fruit Juice

Milk: 1% Plain, Fat-Free Plain

Full student breakfast includes choice of one entree (grain or meat/meat alternate w/grain), up to two fruits and a choice of one milk.

¹ Fruit Parfait selection includes choice of one fruit only.

*Item Contains Pork

+Item is Meatless

Menus are subject to change.

Tuesday, January 20

Kellogg's
Jump Start +

Choose One:
Fresh Fruit

Choose One:
Assorted Milk

Wednesday, January 21

Choose One:
Cinnamon French Toast
Sticks +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Orange Smiles
Apple Juice

Choose One:
Assorted Milk

Thursday, January 22

Choose One:
Warm Bagel w/Cream
Cheese +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 23

Choose One:
Maple Pancake Wraps*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Monday, January 26

GRADING/
TEACHER
PLANNING



Tuesday, January 27

Choose One:
Cinnamon Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple
Orange Juice

Choose One:
Assorted Milk

Wednesday, January 28

Choose One:
Toast & Pork Sausage*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, January 29

Choose One:
Pillsbury Blueberry
Waffles +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 30

Choose One:
Beef Sausage Link on
Bun¹
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Applesauce
Assorted Juices

Choose One:
Assorted Milk