



BREAKFAST @SCHOOL

For first-class learning!

Prince George's County BIC & MMFA Schools

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR JANUARY 2015**

USDA is an equal opportunity provider and employer.

Monday, January 5

MMFA
Kellogg's Jump Start +

BIC
Kellogg's Jump Start +

Choose One:
Fresh Fruit

Choose One:
Assorted Milk

Tuesday, January 6

MMFA
Strawberry Oatmeal Bar +

BIC
Strawberry Oatmeal Bar +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Wednesday, January 7

MMFA
Chicken Biscuit

BIC
Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Grape Juice

Choose One:
Assorted Milk

Thursday, January 8

MMFA
Eggo Pancakes +

BIC
Eggo Pancakes +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Friday, January 9

MMFA
Egg & Cheese on Bun +

BIC
Egg & Cheese on Bun +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Assorted Juices

Choose One:
Assorted Milk

Monday, January 12

MMFA
Banana Bread +

BIC
Banana Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Orange Juice

Choose One:
Assorted Milk

Tuesday, January 13

MMFA
Southwestern Egg &
Cheese Sliders +

BIC
Southwestern Egg &
Cheese Sliders +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Apple Juice

Choose One:
Assorted Milk

Wednesday, January 14

MMFA
Pillsbury Blueberry
Waffles +

BIC
Pillsbury Blueberry
Waffles +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Grape Juice

Choose One:
Assorted Milk

Thursday, January 15

MMFA
General Mills Cereal
w/Graham Crackers +

BIC
Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Friday, January 16

MMFA
Cinnamon Glazed Toast +

BIC
Cinnamon Glazed Toast +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple Slices
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



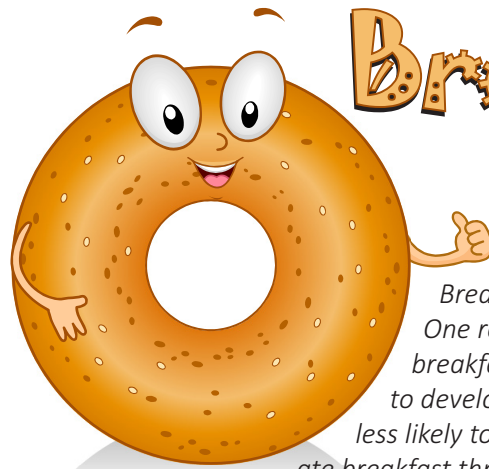
**NEW THIS YEAR
FOR YOUR
BREAKFAST
@SCHOOL!**

**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**

Tuesday, January 20

MMFA
Kellogg's Jump Start +

BIC
Kellogg's Jump Start +

Choose One:
Fresh Fruit

Choose One:
Assorted Milk

Wednesday, January 21

MMFA
Egg, Turkey Sausage &
Cheese Stuffer

BIC
Egg, Turkey Sausage &
Cheese Stuffer
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Grape Juice

Choose One:
Assorted Milk

Thursday, January 22

MMFA
Sausage Biscuit*

BIC
Sausage Biscuit*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Friday, January 23

MMFA
Rise n' Shine Crunch Bar +

BIC
Rise n' Shine Crunch Bar +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Assorted Juices

Choose One:
Assorted Milk

Monday, January 26

GRADING/
TEACHER
PLANNING



Tuesday, January 27

MMFA
Cinnamon Bread +

BIC
Cinnamon Bread +
General Mills Cereal
w/Graham Crackers +

Choose One:
Fresh Fruit

Choose One:
Assorted Milk

Wednesday, January 28

MMFA
Breakfast Wrap +

BIC
Breakfast Wrap +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Grape Juice

Choose One:
Assorted Milk

Thursday, January 29

MMFA
General Mills Cereal
w/Graham Crackers +

BIC
Southwestern Egg &
Cheese Sliders +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Apple Juice

Choose One:
Assorted Milk

Friday, January 30

MMFA
Chicken Biscuit

BIC
Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple Slices
Assorted Juices

Choose One:
Assorted Milk

Available Daily!

Breakfast in the Classroom (BIC) is a PGCPs program providing free "Grab 'N' Go" breakfast at select Elementary and Middle Schools. All BIC Schools Offer Daily: Choice of Main Entrée OR General Mills Cereal w/Graham Crackers +.

Maryland Meals for Achievement (MMFA) is a PGCPs program providing free breakfast served in the classroom at select Elementary schools.

*Item contains pork + Item is meatless
Milk choices are 1% plain and fat-free plain

MENUS ARE SUBJECT TO CHANGE.