



JANUARY 2019 Pre-K – 8th Child & Nutrition Program

BIC MENU



Monday

Tuesday

Wednesday

Thursday

Friday

*Happy
New Year*

Blueberry Loaf **2**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cream Cheese Filled Bagel Roll **3**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Assorted Cereal **4**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Maple Pancakes **7**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Yogurt 4 oz. with Granola **8**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cheese / Egg Omelet Wrap **9**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

French Toast Sticks **10**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Assorted Cereal **11**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cream Cheese Filled Bagel Roll **14**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Cinnamon Waffles **15**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Biscuit and Sausage **16**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Croissant & Cheese Stick **17**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Assorted Cereal **18**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk



Maple Pancake With Syrup **22**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Blueberry Turkey Pancake Breakfast Stick **23**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cream Cheese Filled Bagel Roll **24**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk

Assorted Cereal **25**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Yogurt 4 oz. with Granola **28**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cinnamon Waffles **29**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Blueberry Biscuit **30**
1/2 cup 100% Fruit Juice
1/2 cup Fresh Fruit
Milk

Cream Cheese Filled Bagel Roll **31**
1/2 cup 100% Fruit Juice
1/2 cup Fruit Cup
Milk



[Enter Additional Info]

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Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches (Mayo/Mustard)

A side salad (1/2 cup) of leafy dark green vegetable is offered daily.

1/2 cup Fresh Fruit options will be offered daily

Select a fruit AND/OR vegetable with your sandwich