

# JANUARY 2018

## Essex High Breakfast Menu

| <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>  |
|--|--|--|--|--|
| NO SCHOOL 1  | NO SCHOOL 2  | Grilled Cheese<br>or Cinnamon Roll<br>or Pick 2:<br>Cereal Bar, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 3  | Ham & Cheese Croissant<br>or Uncrustable<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 4         | Sausage Biscuit Sliders<br>or Bagel w/Cream Cheese<br>or Pick 2:<br>Cereal Bar, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 5  |
| Breakfast Pizza<br>or Pick 2:<br>Cereal, String Cheese or Poptart<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 8  | French Toast Sticks<br>or Cinnamon Roll<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 9              | Sausage Pancake Wrap<br>or Pick 2:<br>Muffin, Cereal Bar<br>Yogurt & Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 10      | Bacon, Egg & Cheese Croissant<br>or Uncrustable<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 11 | Chicken Biscuit<br>or Apple Turnover<br>or Pick 2:<br>Cereal, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 12                   |
| NO SCHOOL 15<br>                        | Sausage Pancake Wrap<br>or Oatmeal Breakfast Cookie<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 16 | Grilled Cheese<br>or Cinnamon Roll<br>or Pick 2:<br>Cereal Bar, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 17 | Ham & Cheese Croissant<br>or Uncrustable<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 18        | Sausage Biscuit Sliders<br>or Bagel w/Cream Cheese<br>or Pick 2:<br>Cereal Bar, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 19 |
| Breakfast Pizza<br>or Pick 2:<br>Cereal, String Cheese or Poptart<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 22 | French Toast Sticks<br>or Cinnamon Roll<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 23             | Sausage Pancake Wrap<br>or Pick 2:<br>Muffin, Cereal Bar & Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice<br>Fruit Juice and Milk 24 | Bacon, Egg & Cheese Croissant<br>or Uncrustable<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 25 | NO SCHOOL 26   |
| NO SCHOOL 29   | Sausage Pancake Wrap<br>or Oatmeal Breakfast Cookie<br>or Pick 2:<br>Cereal, String Cheese or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 30 | Grilled Cheese<br>or Cinnamon Roll<br>or Pick 2:<br>Cereal Bar, Yogurt or Grahams<br>Fresh Fruit or Fruit Cup<br>Fruit Juice and Milk 31 | 1  | Happy Winter!<br>2<br>  |

**ANY SPECIAL DIETARY NEEDS SUBSTITUTIONS, PLEASE SEE CAFETERIA MANAGER!**

This institution is an equal opportunity provider.