


Menands School Breakfast Menu - January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL NEW YEARS DAY	2 Cinnamon Toast Raisins	3 Turkey Bacon, Egg and Cheese Toast Cinnamon Applesauce	4 Sausage, Egg and Cheese on WW English Muffin Pears	5 Cheddar Omelet WW Toast Peaches
8 Blueberry Breakfast Round Grape Juice	9 WG Pancakes Turkey Sausage Pineapple	10 Breakfast Pizza Mandarin Oranges	11 WG Bagel with Cream Cheese or Peanut Butter Orange Juice	12 WG Cinnamon Roll Mango-Peach Applesauce
15 NO SCHOOL MARTIN LUTHER KING JR DAY	16 Cinnamon Toast Raisins	17 Sausage, Egg and Cheese on WW English Muffin Pears	18 Turkey Bacon, Egg and Cheese Toast Peaches	19 Cheddar Omelet WW Toast Mandarin Oranges
22 French Toast Sticks Turkey Sausage Grape Juice	23 Blueberry Breakfast Round Pineapple	24 Breakfast Pizza Cinnamon Applesauce	25 WG Bagel with Cream Cheese or Peanut Butter Apple Juice	26 WG Cinnamon Roll Raisins
29 Apple Cinnamon Oatmeal Pears	30 Sausage, Egg and Cheese on WW English Muffin Peaches	31 Cinnamon Toast Mandarin Oranges		

Student Breakfast
\$1.50
Adult Breakfast
\$1.75 + tax
Milk \$.60
Menu subject to
change

Available Daily
Cereal w/ Yogurt
or String Cheese

Fruit Smoothie

Fresh Fruit or
100% Fruit Juice

Fat-free Chocolate
or Strawberry,
Skim, or 1% Milk

Don't forget to sign up for Myschoolbucks.com -
Online credit/debit payments, monitor account balance,
and email low-balance notifications.

Please contact Michael Tehan (Head Cook) with any
questions or concerns - 465-4561 ext. 110
or mtehan@menands.org