



Morning Max (Peanut Free) : January 2012



Full Student Breakfast Includes Choice of Entrée, Choice of Fruit Side Dish, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p><u>Choose One Entrée</u> Colby Cheese Omelet</p> <p>Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>10</p> <p><u>Choose One Entrée</u> Cheesy Grits</p> <p>Cereal w/ *Mini Muffins</p> <p>100% Orange Juice Low Fat or Non Fat Milk</p>	<p>11</p> <p><u>Choose One Entrée</u> Egg & Turkey Ham Breakfast Bowl</p> <p>*Bagel w/ Jelly</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>12</p> <p><u>Choose One Entrée</u> Maple Glazed French Toast Sticks</p> <p>Cereal w/ Light Mozzarella String Cheese</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>13</p> <p><u>Choose One Entrée</u> Egg & Cheese on a *Bun</p> <p>Cereal w/ *Benefit Bar</p> <p>Pear Low Fat or Non Fat Milk</p>
<p>16</p> <p>No Classes: Track R & E</p> <p>DR. MARTIN LUTHER KING JR. DAY</p>	<p>17</p> <p><u>Choose One Entrée</u> Maple Glazed Mini Pancakes</p> <p>Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>18</p> <p><u>Choose One Entrée</u> *Cinnamon Oatmeal</p> <p>Cereal w/ Hard Boiled Egg</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>19</p> <p><u>Choose One Entrée</u> Cheesy Scrambled Eggs</p> <p>*Homemade Smart Bar w/ All Natural Fruit Flavored Yogurt</p> <p>100% Grape Juice Low Fat or Non Fat Milk</p>	<p>20</p> <p><u>Choose One Entrée</u> Country Chicken *Biscuit Breakfast Sandwich</p> <p>Cereal w/ *Graham Crackers</p> <p>Banana Low Fat or Non Fat Milk</p>
<p>23</p> <p><u>Choose One Entrée</u> Scrambled Eggs</p> <p>Cereal w/ *Mini Muffin</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>24</p> <p><u>Choose One Entrée</u> Turkey Ham & Cheese *Biscuit Breakfast Sandwich</p> <p>*Bagel w/ Jelly</p> <p>100% Fruit Punch Low Fat or Non Fat Milk</p>	<p>25</p> <p><u>Choose One Entrée</u> Cheesy Grits</p> <p>Cereal w/ Light Mozzarella String Cheese</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>26</p> <p><u>Choose One Entrée</u> Egg & Potato Breakfast Bowl</p> <p>Cereal w/ *Benefit Bar</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>27</p> <p>No Classes: Track R & E</p> <p>STAFF ONLY DAY</p>
<p>30</p> <p><u>Choose One Entrée</u> Egg & Cheese on an English Muffin</p> <p>Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>31</p> <p><u>Choose One Entrée</u> *French Toast Bake</p> <p>*Homemade Oat Bar w/ All Natural Fruit Flavored Yogurt</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>1</p> <p><u>Choose One Entrée</u> *Oatmeal w/ Apple/Blueberry Blend</p> <p>Cereal w/ Hard Boiled Egg</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>2</p> <p><u>Choose One Entrée</u> Turkey Sausage *Biscuit Breakfast Sandwich</p> <p>Cereal w/ *Graham Crackers</p> <p>100% Orange Juice Low Fat or Non Fat Milk</p>	<p>3</p> <p>No Classes: Track R & E</p> <p>STAFF ONLY DAY</p>

Students must choose a minimum of 3 food items from the 4 food items offered. Students may decline up to 1 food item.

Assorted breakfast cereals are served throughout the month. Cereal choices may include: Kellogg's Corn Flakes, Special K, *Raisin Bran, Rice Krispies, *Frosted Mini Wheats, Crispex, *Kashi Heart to Heart, *Kashi Honey Sunshine, Organic Milling *Frosted Flakes, *Puffed Wheat, and *Strawberry Crispy Rice. Organic Milling cereals are produced in a facility with tree nuts. All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

WHOLE GRAINS: An asterisk (*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

LOCAL: Bolded menu items indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

DID YOU KNOW...
We have a new website where you can access all of our menus each month!

Visit us at: cpsmeals.org

