



# JANUARY | 2017

## CGLA Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Winter Break	<b>3</b> Winter Break	<b>4</b> Whole Grain Assorted Donuts	<b>5</b> Whole Grain Pancakes with Cinnamon Butter	<b>6</b> Assorted Whole Grain Muffins (Blueberry, Wild berry, Chocolate)
<b>9</b> Assorted Whole Grain Bagels (Plain, Blueberry, Cinnamon Raisin) Assorted Cream Cheese (Plain low fat, Strawberry, Garden Vegetable)	<b>10</b> Maple-Battered Pork Pancake Wrap	<b>11</b> Assorted Whole Grain Muffins (Blueberry, Wild berry, Chocolate)	<b>12</b> Whole Grain Mini Maple Pancakes	<b>13</b> Assorted Whole Grain Cereals (Lucky Charms, Fruit Loops, Cinnamon Toast Crunch, Trix, Cheerios, Shredded Mini Wheats)
<b>16</b> Assorted Flavors of Low Fat Yogurt (Vanilla, Strawberry, Strawberry Banana, Peach) Whole Grain Granola	<b>17</b> Whole Grain Fruit Filled Strudel	<b>18</b> Whole Grain Assorted Donuts	<b>19</b> Whole Grain Pancakes with Cinnamon Butter	<b>20</b> Assorted Whole Grain Bagels (Plain, Blueberry, Cinnamon Raisin) Assorted Cream Cheese (Plain low fat, Strawberry, Garden Vegetable)
<b>23</b> Assorted Whole Grain Cereals (Lucky Charms, Fruit Loops, Cinnamon Toast Crunch, Trix, Cheerios, Shredded Mini Wheats)	<b>24</b> Maple-Battered Pork Pancake Wrap	<b>25</b> Assorted Whole Grain Muffins (Blueberry, Wild berry, Chocolate)	<b>26</b> Whole Grain Mini Maple Pancakes	<b>27</b> Assorted Flavors of Low Fat Yogurt (Vanilla, Strawberry, Strawberry Banana, Peach) Whole Grain Granola
<b>30</b> Assorted Whole Grain Bagels (Plain, Blueberry, Cinnamon Raisin) Assorted Cream Cheese (Plain low fat, Strawberry, Garden Vegetable)	<b>31</b> Whole Grain Fruit Filled Strudel			

**News**  
**All Breakfast Meals include:**  
**Whole grain Item**  
**Fresh Fruit Item**  
**100% Fruit/ Vegetable Juice**  
**1% Milk unflavored**  
**0% Milk Chocolate**

**On occasion a meat/meat alternative and a vegetable option is offered**