



# Breakfast Menu

Correspond the cycle week to the color-coordinated calendar below.

## January-May 2021

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Bun</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Bowl of Cereal</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Cinnamon Roll</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>2</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Bowl of Cereal</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Muffin</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Cinnamon Roll</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>3</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Bun</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Bowl of Cereal</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Cinnamon Roll</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>
<b>4</b>	<b>Poptarts (Cinnamon or Strawberry)</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Bowl of Cereal</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Breakfast Muffin</b>  <b>Applesauce Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>	<b>Cinnamon Roll</b>  <b>Fruit Cup</b> <b>100% Fruit Juice</b> <b>½ Pt. Milk</b>

Substitutions of items may be necessary.

This institution is an equal opportunity provider.

January 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

February 2021

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

May 2021

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan