



# BREAKFAST @SCHOOL

For first-class learning!

New Haven Public Schools

Featuring  
Healthy Fruits  
& Grains!

## K8 BREAKFAST MENU FOR JANUARY 2020

*This institution is an equal opportunity provider and*

**Happy New Year**

*Welcome Back!*  
*We hope you enjoyed your break!*

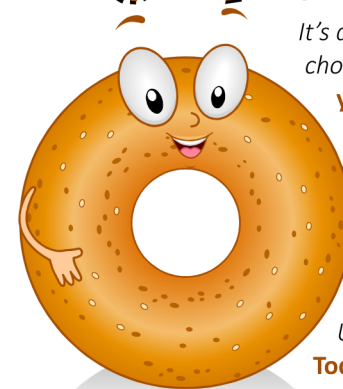
### Thursday, January 2

1 oz RS Trix  
Grahams  
Unsweetened  
Cinnamon  
Applesauce  
100% Juice  
Milk

### Friday, January 3

1 oz Honey  
Scooters  
Cheese Stick  
Raisins  
100% Juice  
Milk

## Breakfast Bites!



*It's a popular breakfast choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as 2007, Greek yogurt accounted for less than 1% of all U.S. yogurt sales. Today, that figure is more than 50%!*

### Monday, January 6

**NO SCHOOL  
THREE KINGS  
DAY**



### Tuesday, January 7

1 oz RS  
Cinnamon  
Flakes  
Grahams  
Unsweetened  
Applesauce  
100% Juice  
Milk

### Wednesday, January 8

Strawberry  
Banana Yogurt  
Granola  
Fresh Fruit  
100% Juice  
Milk

### Thursday, January 9

1 oz RS Frosted  
Flakes  
Sunflower Seeds  
Raisins  
100% Juice  
Milk

### Friday, January 10

Bagel with Grape  
Jelly  
Cheese Stick  
Mixed Fruit Cup  
100% Juice  
Milk

## First things First

**Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!**

**BREAKFAST@SCHOOL**  
For first-class learning!

# First things First

To make a breakfast, choose at least one



or



and at least three items total



New Haven Public Schools

**KIDS! Join us daily for the original value meal!**

All of our complete meals are always  
**NO CHARGE**  
for all students

with no need to submit an application, thanks to the Community Eligibility Program!

Monday, January 13

1 oz RS  
Cinnamon  
Flakes  
Granola  
Unsweetened  
Applesauce  
100%Juice  
Milk

Tuesday, January 14

1 oz RS Trix  
Cheese Stick  
Unsweetened  
Strawberry  
Applesauce  
100%Juice  
Milk

Wednesday, January 15

GM Cereal Bar  
Sunflower Seeds  
Fresh Fruit  
100%Juice  
Milk

Thursday, January 16

2 oz RS  
Cinnamon Toast  
Crunch  
Raisins  
100%Juice  
Milk

Friday, January 17

1 oz RS Frosted  
Flakes  
Grahams  
Peaches  
100%Juice  
Milk

Monday, January 20

MLK Holiday  
School Closed



Tuesday, January 21

Banana Muffin  
Sunbutter Cup  
Unsweetened  
Cinnamon  
Applesauce  
100%Juice  
Milk

Wednesday, January 22

1 oz Chocolate  
Mini Wheats  
Grahams  
Fresh Fruit  
100%Juice  
Milk

Thursday, January 23

Vanilla Yogurt  
Granola  
Peaches  
100%Juice  
Milk

Friday, January 24

1 oz RS  
Cinnamon  
Flakes  
Cheese Stick  
Raisins  
100%Juice  
Milk

Monday, January 27

Blueberry Muffin  
Sunbutter Cup  
Unsweetened  
Applesauce  
100%Juice  
Milk

Tuesday, January 28

2 oz RS  
Cinnamon Toast  
Crunch  
Unsweetened  
Strawberry  
Applesauce  
100% Juice  
Milk

Wednesday, January 29

1 oz RS Frosted  
Flakes  
Grahams  
Fresh Fruit  
100%Juice  
Milk

Thursday, January 30

Hadley Farms  
Raspberry  
Cream Bar  
Sunflower Seeds  
Pineapple Tid  
Bits  
100%Juice  
Milk

Friday, January 31

1 oz RS Trix  
Cheese Stick  
Raisins  
100%Juice  
Milk