

Montessori Breakfast Menu – January

January 8

Whole Grain Muffin with Hardboiled Egg

Strawberry Banana Applesauce Cup

100% Fruit Juice

January 9

Breakfast Sausage Pizza

Fresh Banana

100% Fruit Juice

January 10

½ Cup Whole Grain Granola with Yogurt Cup

Cherry Applesauce Cup

100% Fruit Juice

January 11

Colby Cheese Omelet with 1 ounce biscuit

Clementine

100% Fruit Juice

January 12

½ Cup Whole Grain Granola with Yogurt Cup

Apple Slices

100% Fruit Juice

January 16

Egg, Cheese, Sausage Patty on whole grain English Muffin

Fresh Clementine

100% Fruit Juice

January 17

Whole Grain Banana Muffin with String Cheese

Cinnamon Applesauce Cup

100% Fruit Juice

January 18

Scrambled Eggs with Whole Grain Biscuit

Fresh Banana

100% Fruit Juice

January 19

Oatmeal Bar with String Cheese

Strawberry Banana Applesauce Cup

100% Fruit Juice

January 22

Whole Grain Muffin with Hardboiled Egg

Clementine

100% Fruit Juice

January 23

Breakfast Sausage Pizza

Fresh Banana

100% Fruit Juice

January 24

½ Cup Whole Grain Granola with Yogurt Cup

Strawberry Banana Applesauce Cup

100% Fruit Juice

January 25

Colby Cheese Omelet with one ounce biscuit

Apple Slices

100% Fruit Juice

January 26

½ Cup Whole Grain Granola with Yogurt Cup

Cherry Applesauce Cup

100% Fruit Juice

January 29

Rice Chex Cereal with Yogurt Cup

Clementine

100% Fruit Juice

January 30

Egg, Cheese, Sausage Patty on Whole Grain English Muffin

Fresh Banana

100% Fruit Juice

January 31

Whole Grain Banana Muffin with String Cheese

Cinnamon Applesauce Cup

100% Fruit Juice