

# Franklin Area High School 18-19

## January Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>12/31/18</b>	<b>1/1/19</b>	<b>1/2/19</b>	<b>1/3/19</b>	<b>1/4/19</b>
		Funfetti Eggo Pancakes	Glazed Donuts	Breakfast Sandwiches on English Muffins or Assorted Cereals with Mini Loaf
		or Assorted Cereals with Mini Loaf	or Assorted Cereals with Mini Loaf	
		Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/7/19</b>	<b>1/8/19</b>	<b>1/9/19</b>	<b>1/10/19</b>	<b>1/11/19</b>
Cinnamon Rolls or Assorted Cereals with Mini Loaf	Banana Bread or Assorted Cereals with Mini Loaf	French Toast Sausage or Assorted Cereals with Mini Loaf	Iced Donuts or Assorted Cereals with Mini Loaf	Breakfast Burritos or Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/14/19</b>	<b>1/15/19</b>	<b>1/16/19</b>	<b>1/17/19</b>	<b>1/18/19</b>
Flapsticks with Syrup or Assorted Cereals with Mini Loaf	Breakfast Pizza or Assorted Cereals with Mini Loaf	Funfetti Eggo Pancakes or Assorted Cereals with Mini Loaf	Glazed Donuts or Assorted Cereals with Mini Loaf	
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	
<b>1/21/19</b>	<b>1/22/19</b>	<b>1/23/19</b>	<b>1/24/19</b>	<b>1/25/19</b>
	Banana Bread or Assorted Cereals with Mini Loaf	French Toast Sausage or Assorted Cereals with Mini Loaf	Iced Donuts or Assorted Cereals with Mini Loaf	Breakfast Burritos or Assorted Cereals with Mini Loaf
	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/28/19</b>	<b>1/29/19</b>	<b>1/30/19</b>	<b>1/31/19</b>	
Flapsticks with Syrup or Assorted Cereals with Mini Loaf	Breakfast Pizza or Assorted Cereals with Mini Loaf	Funfetti Eggo Pancakes or Assorted Cereals with Mini Loaf	Glazed Donuts or Assorted Cereals with Mini Loaf	
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	
<b>Student Paid Breakfast \$1.25   Student Reduced Breakfast \$0.30   Adult Breakfast \$2.00</b>				

### What is a BREAKFAST Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of: Grain or grain/protein
- Choice of fruit or vegetable (must take at least a 1/2 cup) and
- Choice of Milk
- Choice of Milk - fat-free white, chocolate, vanilla and strawberry

### Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, grape), fresh fruit selection including apples, bananas and oranges

### Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Honey Nut Cheerios
- Fruit Loops
- Frosted Flakes
- Chex

Served with Mini Loaf

### ALSO AVAILABLE DAILY:

- Bagel With Cream Cheese
- Yogurt With Mini Loaf PB&J
- Graham Snackers Mini
- Chocolate Or Powdered

