

Sidney Breakfast



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday



Oatmeal Assorted Cereal **7**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Oatmeal Assorted Cereal **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School **21**

Oatmeal Assorted Cereal **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Tuesday



Ultimate Breakfast Round **8**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **15**
½ Bagels
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Pop Tart Yogurt **22**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fresh Baked Muffin Yogurt **29**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Wednesday

Assorted Cereal **2**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fresh Baked Muffin Yogurt **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free

Breakfast Pizza **16**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Loaded Scrambled Eggs **23**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Burrito **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Thursday

Scrambled Eggs ½ Bagels **3**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffle Sticks **10**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Dippers **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on Stick **24**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Pancakes **31**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Friday

Sausage or Bacon Breakfast Sandwich **4**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Sausage or Bacon Breakfast Sandwich **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Sausage or Bacon Breakfast Sandwich **18**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Sausage or Bacon Breakfast Sandwich **25**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Announcements

Choices Available Daily:

Assorted Cereal
Assorted Cereal w/1/2 bagel
Bagel w/ Cream Cheese

Milk Choices:

1% White, Skim White
Skim Chocolate,

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Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 17/18 school year!

Must Take a Full Meal