



Grab & Go Breakfast January 2012

January 13 – 29, 2012

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday	Tuesday	Wednesday	Thursday	Friday
	10 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle	11 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers	12 Breakfast Burrito Breakfast Rounds	13 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers
<p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	17 Breakfast Pocket Honey Wheat Donut	18 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers	19 Sausage & Cheese Breakfast Bagel Maple Chip Pancakes	20 Ham & Cheese Stuffed Biscuit Assorted Cold Cereal Graham Crackers
23 Cinnamon French Toast Breakfast Breaks	24 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle	25 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers	26 Breakfast Burrito Fruit Turnover 	27 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers
30 Pancake Sausage Wrap Breakfast Breaks	31 Breakfast Pocket Honey Wheat Donut	<p>This year, the South Florida Fair will be hosting the Read, Run and Recycle Kids Mile Race for the students of Palm Beach County. In this event, students combine reading books and articles on nutrition and fitness in addition to running 26.2 miles during a period of time. The final mile of the event will be completed on Saturday, January 14, 2012 at the South Florida Fairgrounds in West Palm Beach. Approximately 2,000 elementary and middle school students representing 48 schools are expected to attend. Great job!!!</p>		

For a complete meal, students may select **one entrée** that can include a **GRAIN/BREAD, MEAT/MEAT ALTERNATE, ONE FRUIT CHOICE (FRESH FRUIT, CUPPED FRUIT OR 100% FRUIT JUICE)** and a **CHOICE OF MILK**
 Menu is subject to changes.