



The School District of Palm Beach County

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

# Standard 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

	<p>10 Pancake Sausage Wrap Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>11 Scrambled Eggs Baker's Delights Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>12 Mozzarella Cheese Pocket Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>13 Canadian Bacon &amp; Egg Muffin Breakfast Breaks Hot Cereal* 100% Whole Wheat Toast</p>
<p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	<p>17 Breakfast Burrito Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>18 Breakfast Pizza Pancake Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>19 Egg &amp; Cheese Mini Bagels Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>20 Chicken Biscuit Breakfast Breaks Hot Cereal* 100% Whole Wheat Toast</p>
<p>23 French Toast Sticks Breakfast Breaks Hot Cereal* 100% Whole Wheat Toast</p>	<p>24 Pancake Sausage Wrap Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>25 Scrambled Eggs Fruit Turnover Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>26 Mozzarella Cheese Pocket Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>27 Canadian Bacon &amp; Egg Muffin Breakfast Breaks Hot Cereal* 100% Whole Wheat Toast</p>
<p>30 Cinnamon French Toast Breakfast Breaks Hot Cereal* 100% Whole Wheat Toast</p>	<p>31 Breakfast Burrito Yogurt Assorted Cold Cereal Hot Cereal* 100% Whole Wheat Toast</p>	<p>This year, the South Florida Fair will be hosting the <b>Read, Run and Recycle Kids Mile Race</b> 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**. An asterisk (\*) indicates a **BONUS ITEM**. A **BONUS ITEM** may be selected as an extra grain/bread in addition to the grain/bread that already comes with the main entrée.  
Menu is subject to changes.

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