



# JANUARY 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Cinnamon Chex</b> Animal Crackers  Fresh Fruit 100% Fruit Juice	<b>4</b> <b>Blueberry Muffin</b> Cheese Stick  Flavored Applesauce 100% Fruit Juice	<b>5</b>  <b>Bagel</b> Grape Jelly  Craisins 100% Fruit Juice	<b>6</b> <b>Cinni Minis</b>  Fresh Fruit 100% Fruit Juice	<b>7</b> <b>Cheerios</b> Cinnamon Bug Bite Grahams  Fresh Fruit 100% Fruit Juice
<b>10</b> <b>French Toast Benefit Bar</b>  Craisins 100% Fruit Juice	<b>11</b> <b>Golden Grahams</b> Vanilla Yogurt  Fresh Fruit 100% Fruit Juice	<b>12</b> <b>Oatmeal Chocolate Chip Breakfast Round</b>  Flavored Applesauce 100% Fruit Juice	<b>13</b> <b>Mini Strawberry Creamy Cheese Bagel</b>  Fresh Fruit 100% Fruit Juice	<b>14</b> <b>Apple NutriGrain Bar</b> Cheese Cubes  Fresh Fruit 100% Fruit Juice
<b>17</b> <b>MARTIN LUTHER KING JR. DAY</b> 	<b>18</b> <b>Bagel</b> Grape Jelly  Flavored Applesauce 100% Fruit Juice	<b>19</b> <b>Banana Muffin</b> Cheese Stick  Craisins 100% Fruit Juice	<b>20</b> <b>Reduced Sugar Cinnamon Toast Crunch</b> Animal Crackers  Fresh Fruit 100% Fruit Juice	<b>21</b> <b>Yogurt &amp; Granola</b>  Fresh Fruit 100% Fruit Juice
<b>24</b> <b>Cinnamon Breakfast Round</b>  Flavored Applesauce 100% Fruit Juice	<b>25</b> <b>Blueberry NutriGrain Bar</b> String Cheese  Fresh Fruit 100% Fruit Juice	<b>26</b> <b>Mini Strawberry Creamy Cheese Bagel</b>  Fresh Fruit 100% Fruit Juice	<b>27</b> <b>Lucky Charms</b> Cheese Stick  Craisins 100% Fruit Juice	<b>28</b> <b>Apple Frudel</b>  Fresh Fruit 100% Fruit Juice
<b>31</b> <b>Mini Cinnamon Creamy Cheese Bagel</b>  Fresh Fruit 100% Fruit Juice	<div style="background-color: #800040; color: white; padding: 5px; text-align: center;"> <b>CHALLENGE OF THE MONTH: CABBAGE COLOR KIT</b> </div> <p><b>DIRECTIONS:</b> Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.</p> <p style="color: red; font-size: small;">*DO NOT attempt to cook or chop without adult supervision.</p>			
		<b>MATERIALS:</b> White clothes to dye 1 large pot 1 strainer 2 cups of chopped red cabbage 5 cups of water		Choose one or the other: 2 tablespoons of apple cider vinegar for purple  OR 1 teaspoon of baking soda for blue



**Did you know...**

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at [www.FSPro.com](http://www.FSPro.com)
- Menu items do not contain pork
- + Item does not contain meat

\*Menu Subject to Change\*

This institution is an equal opportunity provider.



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