



# 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>Turkey Sausage Pancake Wrap</b>  Flavored Applesauce 100% Fruit Juice	<b>5</b> <b>Mini Maple Waffles</b> Cheese Stick  Craisins 100% Fruit Juice	<b>6</b> <b>Poultry Sausage &amp; Cheese Bagel</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>Berry French Toast</b>  Fresh Fruit 100% Fruit Juice	<b>12</b> <b>Egg &amp; Cheese English Muffin</b>  Tater Tots Flavored Applesauce	<b>13</b> <b>Confetti Pancakes</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>Cinnamon French Toast</b> Cheese Stick  Craisins 100% Fruit Juice	<b>20</b> <b>Turkey Sausage Breakfast Pizza</b>  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>Cheddar Cheese Omelet</b> Biscuit  Fresh Fruit 100% Fruit Juice	<b>26</b> <b>Turkey Sausage Pancake Wrap</b>  Fresh Fruit 100% Fruit Juice	<b>27</b> <b>Mini Maple Waffles</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>			
		<p><b>MATERIALS:</b></p> <ul style="list-style-type: none"> <li>White clothes to dye</li> <li>1 large pot</li> <li>1 strainer</li> <li>2 cups of chopped red cabbage</li> <li>5 cups of water</li> </ul>		<p><i>Choose one or the other:</i></p> <ul style="list-style-type: none"> <li>2 tablespoons of apple cider vinegar for purple</li> <li>OR</li> <li>1 teaspoon of baking soda for blue</li> </ul> 

## 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.

BHT



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