

Bristol Township School District Elementary/Middle Breakfast Menu January, 2024

## FREE OF CHARGE for

 all students!| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 |  |
| No School | 1. Cheese Omelette w/ Turkey Sausage | 1. Turkey Bacon, Egg and Cheese on a Croissant | 1. Apple Frudel | 1. Whole Grain Donut Sticks |
| New Year's Day | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers |
|  | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers |
| NEWYEAR | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers |
| 8 | 9 | 10 | 11 | 12 |
| 1. Assorted Breakfast Breads | 1. Strawberry Pancakes w/ Turkey Saus. \& Syrup | 1. Ham, Egg and Cheese on a Croissant | 1. Mini Cinni | 1. Strawberry Pancake Bowl |
| 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers |
| 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers |
| 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers |
| 15 | 16 | 17 | 18 | 19 |
| No School | 1. Mini Maple Waffles w/ Turkey Sausage \& Syrup | 1. Turkey Sausage, Egg and Cheese on a Bagel | 1. Strawberry Cream Cheese Filled Bagel | 1. Whole Grain Donut Sticks |
| Martin Luther King Day | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers |
| Martin Luther | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers |
| Day | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers |
| 22 | 23 | Half Day for Students 24 | 25 | 26 |
| 1. Assorted Breakfast Breads | 1. Mini Maple Pancakes w/ Turkey Sausage \& Syrup | 1. Turkey Bacon, Egg and Cheese on a Bagel | 1. Glazed Cinnamon Bun | 1. Breakfast Pizza |
| 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers |
| 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers |
| 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers |
| 29 | 30 | 31 |  |  |
| 1. Cinnamon Turnover | 1. Mini French Toast w/ Turkey Sausage \& Syrup | 1. Ham, Egg and Cheese on a Bagel |  |  |
| 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers | 2. Choice of Cereal and Graham Crackers |  |  |
| 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers | 3. Choice of Muffin and Graham Crackers |  |  |
| 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers | 4. Fruit \& Yogurt Smoothie with Graham Crackers |  |  |
| Choose with Any Meal! |  |  |  |  |
| String Cheese | String Cheese | String Cheese | String Cheese | String Cheese |
| Assorted Chilled Fruit | Assorted Chilled Fruit | Assorted Chilled Fruit | Assorted Chilled Fruit | Assorted Chilled Fruit |
| Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh Fruit |
| Assorted Fruit Juice | Assorted Fruit Juice | Assorted Fruit Juice | Assorted Fruit Juice | Assorted Fruit Juice |
| Milk (Skim Choc/Straw or 1\%) | Milk (Skim Choc/Straw or 1\%) | Milk (Skim Choc/Straw or 1\%) | Milk (Skim Choc/Straw or 1\%) | Milk (Skim Choc/Straw or 1\%) |

Complete Meal = 3 out of 4 components, 1 of which must be a fruit or vegetable
*Menu is subject to change*
Assorted Chilled Fruit May Include: Applesauce, Strawberry Cup, Peach Cup, Mixed Fruit, Pears
Assorted Fresh Fruit May Include: Apples, Pears, Oranges, Bananas
Assorted Fruit Juice May Include: Apple, Orange, Grape
*All nutritional information is available online at www.bristoltwpsd.org*

