

SIOUX CITY COMMUNITY SCHOOL DISTRICT

Breakfast Menu

January 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
NO SCHOOL Holiday Break	NO SCHOOL Holiday Break	NO SCHOOL Holiday Break	Back to School 3- Jan Cereal, Pop tart OR Pancake on a stick Fruit 1/2 cup Juice 1/2 cup Milk	4-Jan Cereal, Bagel OR ## 1 Fr. toast, 1 saus. patty or 2 links## Fruit 1/2 cup Juice 1/2 cup Milk
7 Cereal, yogurt OR # 1Pkg Panc. 1 saus. patty or 2 links# Fruit 1/2 cup Juice 1/2 cup Milk	8 Cereal, cheese stick or seeds OR ## 1 waffle, 1 saus. patty or 2 links## Fruit 1/2 cup Juice 1/2 cup Milk	9 Cereal, Breakfast Bun OR Breakfast Bites Fruit 1/2 cup Juice 1/2 cup Milk	10 Cereal, Muffin OR Breakfast Pizza Fruit 1/2 cup Juice 1/2 cup Milk	11 Cereal, Pop tart OR WG. Glazed Breakfast roll or Donuts or Long Johns Fruit 1/2 cup Juice 1/2 cup Milk
14 Cereal, cheese stick or seeds OR Dutch Waffle Fruit 1/2 cup Juice 1/2 cup Milk	NO SCHOOL 15 Cereal, breakfast bar OR #Scrambled eggs & Sausage # Fruit 1/2 cup Juice 1/2 cup Milk	16 Cereal, Muffin OR ## Breakfast egg sandwich ## Fruit 1/2 cup Juice 1/2 cup Milk	17 Cereal, Pop tart OR Pancake on a stick Fruit 1/2 cup Juice 1/2 cup Milk	18 Cereal, Bagel OR ## 1 Fr. toast, 1 saus. patty or 2 links## Fruit 1/2 cup Juice 1/2 cup Milk
21 Cereal, yogurt OR # 1Pkg Panc. 1 saus. patty or 2 links# Fruit 1/2 cup Juice 1/2 cup Milk	22 Cereal, cheese stick or seeds OR ## 1 waffle, 1 saus. patty or 2 links## Fruit 1/2 cup Juice 1/2 cup Milk	23 Cereal, Breakfast Bun OR Breakfast Bites Fruit 1/2 cup Juice 1/2 cup Milk	24 Cereal, Muffin OR Breakfast Pizza Fruit 1/2 cup Juice 1/2 cup Milk	25 Cereal, Pop tart OR WG. Glazed Breakfast roll or Donuts or Long Johns Fruit 1/2 cup Juice 1/2 cup Milk
28 Cereal, cheese stick or seeds OR Dutch Waffle Fruit 1/2 cup Juice 1/2 cup Milk	29 Cereal, breakfast bar OR #Scrambled eggs & Sausage # Fruit 1/2 cup Juice 1/2 cup Milk	30 Cereal, Muffin OR ## Breakfast egg sandwich ## Fruit 1/2 cup Juice 1/2 cup Milk	31 Cereal, Pop tart OR Pancake on a stick Fruit 1/2 cup Juice 1/2 cup Milk	1-Feb Cereal, Bagel OR ## 1 Fr. toast, 1 saus. patty or 2 links## Fruit 1/2 cup Juice 1/2 cup Milk

Menu subject to change without notice
Sioux City Community School District
is an Equal Opportunity Provider

Contains Pork

Distrito Escolar de la Comunidad de Sioux City

Menú de Desayuno

Enero 2019

Lunes	Martes	Miércoles	Jueves	Viernes
NO HAY CLASES Vacaciones-Invierno	NO HAY CLASES Vacaciones-Invierno	NO HAY CLASES Vacaciones-Invierno	Regreso a Clases Ene 3 Cereal, torta tostada (poptart) O Panqueque Media taza de fruta Media taza de jugo Leche	Ene 4 Cereal, rosca de pan (bagel) O ##Pan francés con miel, 1 salchicha o 2 chorizos## Media taza de fruta Media taza de jugo Leche
7 Cereal, yogur O # 1Pkg Panc. 1 salchicha o 2 chorizos# Media taza de fruta Media taza de jugo Leche	8 Cereal, barra de queso o semillas O ## 1 waffle, 1 salchicha o 2 chorizos## Media taza de fruta Media taza de jugo Leche	9 Cereal, barra de desayuno O Bocadillos de desayuno Media taza de fruta Media taza de jugo Leche	10 Cereal, mantecada O Pizza de desayuno Media taza de fruta Media taza de jugo Leche	11 Cereal, torta tostada (poptart) O Pan de grano integral de canela glaseado o donas Media taza de fruta Media taza de jugo Leche
14 Cereal, barra de queso o semillas O Wafle Media taza de fruta Media taza de jugo Leche	NO HAY CLASES Cereal, barra de desayuno O #Huevos revueltos y salchicha # Media taza de fruta Media taza de jugo Leche	16 Cereal, mantecada O ## Sandwich de huevo ## Media taza de fruta Media taza de jugo Leche	17 Cereal, torta tostada (poptart) O Panqueque Media taza de fruta Media taza de jugo Leche	18 Cereal, rosca de pan (bagel) O ##Pan francés con miel, 1 salchicha o 2 chorizos## Media taza de fruta Media taza de jugo Leche
21 Cereal, yogur O # 1 (pkg) panc, 1 salchicha o 2 chorizos# Media taza de fruta Media taza de jugo Leche	22 Cereal, barra de queso o semillas O ## waffle, 1 salchicha o 2 chorizos## Media taza de fruta Media taza de jugo Leche	23 Cereal, barra de desayuno O Bocadillos de desayuno Media taza de fruta Media taza de jugo Leche	24 Cereal, mantecada O Pizza de desayuno Media taza de fruta Media taza de jugo Leche	25 Cereal, torta tostada (poptart) O Pan de grano integral de canela glaseado o donas Media taza de fruta Media taza de jugo Leche
28 Cereal, barra de queso o semillas O Wafle Media taza de fruta Media taza de jugo Leche	29 Cereal, barra de desayuno O #Huevos revueltos y salchicha# Media taza de fruta Media taza de jugo Leche	30 Cereal, mantecada O ## Sandwich de huevo ## Media taza de fruta Media taza de jugo Leche	31 Cereal, torta tostada (poptart) O Panqueque Media taza de fruta Media taza de jugo Leche	1-Feb Cereal, rosca de pan (bagel) O ##Pan francés con miel, 1 salchicha o 2 chorizos## Media taza de fruta Media taza de jugo Leche

Contiene carne de cerdo

El menú podrá cambiar sin previo aviso
El distrito Escolar de la Comunidad de Sioux City
es un Proveedor de Igualdad de Oportunidades