

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 18 Fruit 1/2 cup Juice 1/2 cup Milk	4-Jan Cereal, Bagel OR Fr Toast 16g, 1 saus. pat 1g or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk
7 Cereal, yogurt 16 OR pancakes 37g, 1 saus. 1g pat or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk	8 Cereal, cheese stick 0 or seeds 0 OR 1 waffle 35g, 1 saus. Pat 1g or 2 links 12g Fruit 1/2 cup Juice 1/2 cup Milk	9 Cereal, Breakfast Bun OR Breakfast Bites 38 - 41 Fruit 1/2 cup Juice 1/2 cup Milk	10 Cereal, Muffin OR Breakfast Pizza 27 Fruit 1/2 cup Juice 1/2 cup Milk	11 Cereal, Pop tart OR WG. Glazed Breakfast roll 30g or Donuts or Long Johns 27g Fruit 1/2 cup Juice 1/2 cup Milk
14 Cereal, cheese stick 0 or seeds 0 OR Dutch Waffle 43 Fruit 1/2 cup Juice 1/2 cup Milk	15 NO SCHOOL Cereal, breakfast bar OR Scrambled eggs 1g & Sausage 1 - 2g 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 18 Fruit 1/2 cup Juice 1/2 cup Milk	18 Cereal, Bagel OR Fr Toast 16g, 1 saus. pat 1g or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk
21 Cereal, yogurt 16 OR pancakes 37g, 1 saus. 1g pat or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk	22 Cereal, cheese stick 0 or seeds 0 OR 1 waffle 35g, 1 saus. Pat 1g or 2 links 12g Fruit 1/2 cup Juice 1/2 cup Milk	23 Cereal, Breakfast Bun OR Breakfast Bites 38 - 41 Fruit 1/2 cup Juice 1/2 cup Milk	24 Cereal, Muffin OR Breakfast Pizza 27 Fruit 1/2 cup Juice 1/2 cup Milk	25 Cereal, Pop tart OR WG. Glazed Breakfast roll 30g or Donuts or Long Johns 27g Fruit 1/2 cup Juice 1/2 cup Milk
28 Cereal, cheese stick 0 or seeds 0 OR Dutch Waffle 43 Fruit 1/2 cup Juice 1/2 cup Milk	29 Cereal, breakfast bar OR Scrambled eggs 1g & Sausage 1 - 2g 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 18 Fruit 1/2 cup Juice 1/2 cup Milk	1-Feb Cereal, Bagel OR Fr Toast 16g, 1 saus. pat 1g or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk

January 2019 Breakfast Carbs

CEREAL	BREAKFAST BAR	BAGELS	BREAKFAST EGG SANDWICH	JUICE
RICE CHEX - 27	BENEFIT BROWNIE BAR - 24	PLAIN - 49	HAM CROISSANT - 33	APPLE - 14
COCOA PUFFS - 25	BENEFIT BAR MAPLE BRWN - 24	WHEAT - 39	BACON CROISSANT - 32	CHERRY - 13
CHOCO MINI WHEATS - 23	TRIX CEREAL BAR - 30	BLUEBERRY - 31	SAUSAGE/BISQUIT - 14	BLUE RASPBERRY - 14
TRIX - 24	COCOA PUFF CEREAL BAR - 30		EGG/CHZ ENGLISH MUFFIN - 17	ORANGE - 13
FROSTED FLAKES - 24	CINN TOAST CRUNCH BAR - 30	STRAWBERRY CRM CHZ - 4		GRAPE - 18
FRUIT LOOPS - 24	NUTRIGRAIN STRAWBERRY - 29	PLAIN CRM CHZ - 2		
HONEY NUT CHEERIOS - 22	NUTRIGRAIN APPLE - 30			
LUCKY CHARMS - 23				
CINNAMON TOAST CRUNCH - 22				
MILK	POP TART	MUFFIN	BREAKFAST BUNS	FRUIT 1/2 CUP
SKIM / 1% - 13	BLUEBERRY - 38	APPLE - 26	LITTLE JOHN - 14	BANANA - 31
TRUMOO STRAWBERRY - 18	CINNAMON - 37	CHOCOLATE - 24	LONG JOHN - 27	GREEN APPLE - 19
TRUMOO CHCOLATE - 18	FUDGE - 38	BANANA - 27	HONEY BUN - 40	GRANNY SMITH APPLE - 27
	STRAWBERRY - 38	BLUEBERRY - 25	CINNAMON ROLL - 42	RED DELICIOUS APPLE - 19
DOHNUTS				ORANGE - 26
ORANGE - 26				
cinnamon - 45				
powdered - 45				
chocolate - 42				