



Guilford Breakfast Menu

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

Assorted Oatmeal
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

1
Happy New Year

Assorted Oatmeal **2**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursday: **3**
Waffles
w/ NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **4**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **7**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Boat **8**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Muffin **10**
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes w/ Strawberries or Syrup **16**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **18**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School **21**
MLK DAY
I HAVE A DREAM

Assorted Oatmeal **22**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **23**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursday: **24**
4 oz. NY Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **25**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **29**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Omelet w/ 1/2 Bagel **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **31**
w/ NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Announcements

Choices Available Daily:

Assorted Cereal **OR**
Assorted Cereal
w/ Toast

Milk Choices:

1% White, Skim White
Skim Chocolate

“USDA is an equal opportunity provider and employer”

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

“USDA is an equal opportunity provider and employer”

Menu subject to change without notice.