

HS Breakfast Cycle Menu - January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1/2/25	1/3/25
NO SCHOOL	NO SCHOOL	NO SCHOOL	Mini Pancakes or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese on Bagel or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
1/6/25	1/7/25	1/8/25	1/9/25	1/10/25
Mini Cinnamon Rolls or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry & Cream Cheese Bagel Bites or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausgae & Cheese on a Biscuit or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	NO SCHOOL
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25
Assorted Cereal Bar or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Maple Waffles or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, Egg, & Cheese on a English Muffin or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Smoothie or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sauage, Egg & Ceese Croissant or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
1/20/25	1/21/25	1/22/25	1/23/25	1/24/25
NO SCHOOL	Mini French Toast or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza w/ Turkey Sausage or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Pancakes or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese on Bagel or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25
Mini Cinnamon Rolls or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry & Cream Cheese Bagel Bites or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausgae & Cheese on a Biscuit or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Smoothie or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Brian Wallace
 General Manager
metz@raiderweb.org
 Phone Number
 office 717-948-3300 ext 6010
 cell 717-782-1973

Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$2.85

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