



Colonial Academy

Breakfast Menu

January 2019



A full student Breakfast includes a choice of entrée supplying protein or grain(2 grains or 1 protein & 1 grain), (2) fruit side dishes, and a choice of milk. Fruit Example: Oranges, Peaches, Pineapples Orange Juice, Apple Juice and Raisins

To receive the student meal price, a student must select at least 3 of the 4 menu items ONE must be a fruit.

	1  HAPPY NEW YEAR	2 Muffin MEWS String Cheese M Orange Juice/ Orange or Banana Milk Choice	3 Cinnis Mini MWS Orange Juice/ Orange or Banana Milk Choice	4 Frosted Pop-Tart WS String Cheese M Orange Juice/ Orange or Banana Milk Choice
7 Apple Muffin MEWS String Cheese M Orange Juice/ Orange or Banana Milk Choice	8 Cinnis Mini MWS Orange Juice/ Orange or Banana Milk Choice	9 Mini Blueberry Waffles MWE Orange Juice/ Orange or Banana Milk Choice	10 Cinnamon French Toast EMWS Orange Juice/ Orange or Banana Milk Choice	11 Frosted Pop-Tart WS Graham Crackers WS Orange Juice/ Orange or Banana Milk Choice
14 Chocolate Chip Muffin MEWS String Cheese Orange Juice/ Orange or Banana Milk Choice	15 Mini Pancakes MWE Orange Juice/ Orange or Banana Milk Choice	16 Apple Muffin MEWS Graham Crackers WS Orange Juice/ Orange or Banana Milk Choice	17 Mini Blueberry Waffles MWE Orange Juice/ Orange or Banana Milk Choice	18 Cherry Frudel MWS Orange Juice/ Orange or Banana Milk Choice
21 <i>CLOSED</i>	22 Cinn Toast Cereal Bar WS String Cheese Orange Juice/ Orange or Banana Milk Choice	23 Cinnamon French Toast EMWS Orange Juice/ Orange or Banana Milk Choice	24 Mini Blueberry Waffles MWE Orange Juice/ Orange or Banana Milk Choice	25 Apple Frudel MWS Orange Juice/ Orange or Banana Milk Choice
28 Apple Muffin MEWS String Cheese M Orange Juice/ Orange or Banana Milk Choice	29 Frosted Pop-Tart WS Graham Crackers WS Orange Juice/ Orange or Banana Milk Choice	30 Mini Pancakes MWE Orange Juice/ Orange or Banana Milk Choice	31 Cinnamon French Toast EMWS Orange Juice/ Orange or Banana Milk Choice	
				M=Milk W=Wheat E=Egg S=Soy P=Peanut F=Fish

Milk choices include 1% white, Nonfat strawberry, Nonfat chocolate, Lactose

Menu Subject to Change

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER. MENU SUBJECT TO CHANGE