

January 2019

	1	2	3 WG Glazed Donut Fruit/Juice/Milk	4 Welch's PB&J or Bagel w Cream Cheese Fruit/Juice/Milk
7 Cereal Variety & Powdered Donut or Yogurt & Powdered Donut Fruit/Juice/Milk	8 Egg Cheese Biscuit Fruit/Juice/Milk	9 Cinnamon Roll Fruit/Juice/Milk	10 Pancake on a Stick Syrup Fruit/Juice/Milk	11
14 Welch's PB&J Or Bagel w Cream Cheese Fruit/Juice/Milk	15 Bacon Scramble Pizza Fruit/Juice/Milk	16 Cereal Variety & Muffin Or Yogurt & Muffin Fruit/Juice/Milk	17 Breakfast Boat Fruit/Juice/Milk	18 Cereal Variety & Toast/Jelly Or Yogurt & Toast/Jelly Fruit/Juice/Milk
21 Cereal & Lil Long John Or Yogurt & Lil Long John Fruit/Juice/Milk	22 French Toast Sticks Syrup Fruit/Juice/Milk	23 Cereal Variety & Toast/PB Or Yogurt & Toast/PB Fruit/Juice/Milk	24 Egg Cheese Omelet & Toast Fruit/Juice/Milk	25 Cereal Variety & Muffin Or Yogurt & Muffin Fruit/Juice/Milk
28 Cereal Variety & Powdered Donut Or Yogurt & Powdered Donut Fruit/Juice/Milk	29 Egg Cheese Biscuit Fruit/Juice/Milk	30 Cinnamon Roll Fruit/Juice/Milk	31 Pancake on a Stick Syrup Fruit/Juice/Milk	

USDA Requirements
for a Reimbursable
School Breakfast

Daily Breakfast
Component
Requirements are:
Grains
Juice/ Fruit/Vegetable
Milk
Meat/Meat Alternate
can be substituted for
one grain item.

At least 4 food items
are offered daily and
students must take at
least 3 items one of
which MUST be at
least ½ cup of juice,
fruit or vegetable.

This institution is an
equal opportunity
employer

