

**JANUARY
2010
BREAKFAST MENU
THE FRIENDSHIP SCHOOL**

Breakfast \$1.00

MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JEUVES	FRIDAY/VIERNES
				1 New Year's Day
4 Cereal Fruit Milk	5 Cinnamon Raisin toast Cheese stick Fruit Milk	6 Cereal Fruit Milk	7 Yogurt Graham crackers Fruit Milk	8 Warm muffin Fruit Milk
11 Cereal Fruit Milk	12 English muffin w/ egg, bacon Fruit Milk	13 Cereal Fruit Milk	14 Bagel Cheese stick Milk	15 Professional Development Day
18 Martin Luther King Jr. Day	19 Cinnamon toast Cheese stick Fruit Milk	20 Cereal Fruit Milk	21 English muffin w/ egg, cheese Fruit Milk	22 Warm blueberry muffin Fruit cup Milk
25 Cereal Fruit Milk	26 Yogurt Graham crackers Milk	27 Cereal Fruit Milk	28 Pancake w/ syrup Sausage Fruit Milk	29 English muffin w/ egg, cheese Fruit Milk

Milk choices offered: 1%, 2%, SKIM

Fruit cup: 4 oz. : diced peaches or pears, pineapple tidbits or fruit cocktail in light syrup

Cereal will be one of the following: Frosted Flakes 1/3 less sugar, Froot Loops 1/3 less sugar,

Berry Berry Kix, Fruity Cheeios, Cinnamon Toast Crunch

menus are subject to change