






Milton Nutrition Team

K-12 Breakfast Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Assorted Cereal Bowl Cheese Stick Applesauce Cup 100% Fruit Juice	Benefit Bar Applesauce Cup 100% Fruit Juice	Cereal Bar Yogurt Cup Applesauce Cup 100% Fruit Juice
Banana or Zucchini Bread Slice Applesauce Cup 100% Fruit Juice	Giant Goldfish Yogurt Cup Applesauce Cup 100% Fruit Juice	Mini Cinni's Fruit Cup 100% Fruit Juice	Assorted Cereal Bowls Cheese Stick Fresh Red Grapes 100% Fruit Juice	Cinnamon Bun Applesauce Cup 100% Fruit Juice
Small Muffin Yogurt Cup Craisins 100% Fruit Juice	Ultimate Breakfast Round Fruit Cup 100% Fruit Juice	Scooby Doo Grahams Cheese Stick Applesauce Cup 100% Fruit Juice	Apple or Cherry Frudel Craisins 100% Fruit Juice	
	Banana or Zucchini Bread Slice Applesauce Cup 100% Fruit Juice	Cinnamon Toast Crisps Cheese Stick Fruit Cup 100% Fruit Juice	Benefit Bar Applesauce Cup 100% Fruit Juice	Assorted Cereal Bowls Yogurt Cup Bananas 100% Fruit Juice
Whole Grain Bagel Yogurt Cup Fruit Cup 100% Fruit Juice	Mini Cinni's Craisins 100% Fruit Juice	Bug Bites Cheese Stick Applesauce Cup 100% Fruit Juice	Cinnamon Bun Applesauce Cup 100% Fruit Juice	

Low-Fat or Fat-Free 8 oz Milk varieties offered daily with meal

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