







21st Century Charter School January 2019 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		January 1 	January 2 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	January 3 Bacon & Egg Breakfast Square* Applesauce	January 4 Blueberry Waffle* with Syrup Pears
	Christmas Break – Classes resume on January 8				
	January 7 Mini Chocolate Donuts* Peaches Classes resume tomorrow, January 8	January 8 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit Classes resume after Christmas Break	January 9 Mini Maple Pancakes* Pineapple	January 10 Smoothie (variety) with Oatmeal Bar* (apple or strawberry) Applesauce	January 11 Cheese Omelet with Toast* Pears
	January 14 Mini Cinnamon Rolls* Peaches	January 15 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	January 16 French Toast Sticks* with Syrup Pineapple	January 17 Scrambled Cheesy Eggs with Turkey Sausage & Toast* Applesauce	January 18 Yogurt Parfait with Strawberries & Honey Oat Goldfish Cracker* Pears
	January 21 Pancake Wrap*^A with Syrup Peaches No Classes – Martin Luther King Day	January 22 Canadian Bacon & Egg Croissant* Mixed Fruit	January 23 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	January 24 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	January 25 Cheese Omelet with Toast* Pears
	January 28 Cheesy Scrambled Eggs with Turkey Sausage & Toast* Peaches	January 29 Mini French Toast* with Syrup Mixed Fruit	January 30 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	January 31 Bacon & Egg Breakfast Square* Applesauce	

Additional Items Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Make a New Year's resolution to eat school breakfast each day. Did you know that school breakfast is convenient, healthy, and delicious?

