



BREAKFAST K-12


2023

| Week 1 | Monday January 2, 2023 | Tuesday January 3, 2023 | Wednesday January 4, 2023 | Thursday January 5, 2023 | Friday January 6, 2023 |
|--|---|--|--|---|--|
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg | Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |
| Week 2 | Monday January 9, 2023 | Tuesday January 10, 2023 | Wednesday January 11, 2023 | Thursday January 12, 2023 | Friday January 13, 2023 |
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg | Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg | Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Fruit in Season -100% Fruit Juice | Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |



BREAKFAST K-12

2023

| Week 3 | Monday January 16, 2023 | Tuesday January 17, 2023 | Wednesday January 18, 2023 | Thursday January 19, 2023 | Friday January 20, 2023 |
|--|--|--|--|---|--|
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | RPS Closed  | Steak Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |
| Week 4 | Monday January 23, 2023 | Tuesday January 24, 2023 | Wednesday January 25, 2023 | Thursday January 26, 2023 | Friday January 27, 2023 |
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg | Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Fruit in Season -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |



BREAKFAST K-12

2023

| Week 3 | Monday January 30, 2023 | Tuesday January 31, 2023 |
|--|---|--|
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or Yogurt w/Muffin |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.