



Green Island UFSD Breakfast Menu

January 2017

2
No School
 New Years Day Observed

side items

3
French Toast Sticks
 Sausage Patty
 1/2 Cup of Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

4
**Whole Grain Bagel w/
 Cream Cheese**
 1/2 Cup Applesauce

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

5
**Whole Grain
 Pancakes w/ Syrup**
 Sausage Patty
 1/2 Cup Diced Pears

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

6
**Whole Grain
 Blueberry Muffin**
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

9
**Whole Grain Bagel w/
 Cream Cheese**
 1/2 Cup Pears

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

10
**Whole Grain
 Pancakes w/ Syrup**
 Sausage Patty
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

11
Whole Grain Waffles
 Sausage Patty
 1/2 Cup Applesauce

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

12
**Whole Grain
 Blueberry Muffin**
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

13
French Toast Sticks
 Sausage Patty
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

16
**Martin Luther King Jr.
 Day**
 No School

side items

17
Scrambled Eggs w
**1/2 Whole Grain
 Bagel**
 1/2 Cup of Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

18
**Egg and Cheese on
 Whole Grain Bagel**
 1/2 Cup of Applesauce

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

19
**Whole Grain
 Pancakes w/ Syrup**
 Sausage Patty
 1/2 Cup of Mixed Fruit

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

20
Whole Grain Waffles
 Sausage Patty
 1/2 Cup of Mixed Fruit

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

23
**Whole Grain Bagel w/
 Cream Cheese**
 1/2 Cup Pears

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

24
French Toast Sticks
 Sausage Patty
 1/2 Cup of Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

25
**Whole Grain Bagel w/
 Cream Cheese**
 1/2 Cup Applesauce

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

26
**Whole Grain
 Blueberry Muffin**
 1/2 Cup of Mixed Fruit

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

27
**Whole Grain
 Blueberry Muffin**
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

30
**Whole Grain Bagel w/
 Cream Cheese**
 1/2 Cup Pears

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

31
**Whole Grain
 Pancakes w/ Syrup**
 Sausage Patty
 1/2 Cup Fruit Cocktail

side items
 Apple Juice or Orange Juice
 1% White or Skim Milk

1
**January is National
 Mentoring Month**
 as well as National Blood Donor

side items

2
**The January Flower is
 the Carnation**

side items

3
**Breakfast is a great
 way to start your day.**
 Eat Right and Fuel Up!

side items



Questions? Please contact Brian Nolan
 Food Service Director
 237-9100 x 1411



Local ingredients are always
 used when in season

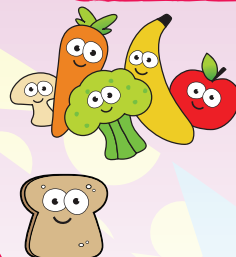


Ovo-Lacto Vegetarian,
 may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Breakfast is FREE to all STUDENTS!



Eat Healthy - Fuel Up!

1% White, Skim or Fat Free Chocolate Milk
 Available Daily!

