



Gluten/Dairy/Egg Free Breakfast

January 2026

Monday Tuesday Wednesday Thursday Friday

<u>Monday, January 5</u> Rice Chex - 1 ea Applesauce - 4 fl oz	<u>Tuesday, January 6</u> Chococrisp Grow Bar- 1 ea Orange Slices - 4 ea	<u>Wednesday, January 7</u> English Muffin - 1 ea Sunbutter Cup - 1 ea Melon - 4 floz	<u>Thursday, January 8</u> Rice Chex - 1 ea Melon - 4 floz	<u>Friday, January 9</u> Apple Oat Grow Bar - 1 ea Fruit Salad HP - 4 fl oz
<u>Monday, January 12</u> Rice Chex - 1 ea Orange Slices - 4 ea	<u>Tuesday, January 13</u> Chococrisp Grow Bar- 1 ea Applesauce - 4 fl oz	<u>Wednesday, January 14</u> English Muffin - 1 ea Sunbutter Cup - 1 ea Pear Slices - 4 ea	<u>Thursday, January 15</u> Rice Chex - 1 ea Melon - 4 fl oz	<u>Friday, January 16</u> Apple Oat Grow Bar - 1 ea Apple Slices - 4 ea
<u>Monday, January 19</u> Rice Chex - 1 ea Orange Slices - 4 ea	<u>Tuesday, January 20</u> Chococrisp Grow Bar- 1 ea Applesauce - 4 fl oz	<u>Wednesday, January 21</u> English Muffin - 1 ea Sunbutter Cup - 1 ea Pear Slices - 4 ea	<u>Thursday, January 22</u> Rice Chex - 1 ea Pineapple - 4 fl oz	<u>Friday, January 23</u> Apple Oat Grow Bar - 1 ea Melon - 4 floz
<u>Monday, January 26</u> Rice Chex - 1 ea Applesauce - 4 fl oz	<u>Tuesday, January 27</u> Chococrisp Grow Bar- 1 ea Orange Slices - 4 ea	<u>Wednesday, January 28</u> English Muffin - 1 ea Sunbutter Cup - 1 ea Pear Slices - 4 ea	<u>Thursday, January 29</u> Rice Chex - 1 ea Melon - 4 floz	<u>Friday, January 30</u> Apple Oat Grow Bar - 1 ea Melon - 4 floz

Fruit Salad HP = Honeydew and Pineapple

All items on this menu are gluten, dairy, and egg free

*Soy milk and whole fruit offered with each meal

**This institution is an equal opportunity provider