

# January 2023

## Bishop McManus K-12 Base Breakfast

02	03	04 Whole Grain Bagel with Cream Cheese Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk	05 Yogurt & Granola Parfait Craisins/Raisins, Assorted Flavors Low Fat 1% Milk Fat Free Chocolate Milk	06 Breakfast Sandwich Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk
09 Pick 2 Assorted Breakfast Items Fresh Apple Low Fat 1% Milk Fat Free Milk	10 Scrambled Egg & Cheese with Toast Banana Low Fat 1% Milk Fat Free Chocolate Milk	11 Whole Grain Pancakes Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk	12 Yogurt & Granola Parfait Fresh Orange Low Fat 1% Milk Fat Free Chocolate Milk	13 Assorted Muffins Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk
16	17 Breakfast Pizza Banana Low Fat 1% Milk Fat Free Chocolate Milk	18 Pick 2 Assorted Breakfast Items Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk	19 Breakfast Sandwich Fresh Orange Low Fat 1% Milk Fat Free Chocolate Milk	20 Whole Grain Pancakes Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk
23 Sausage English Muffin Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk	24 Pick 2 Assorted Breakfast Items Banana Low Fat 1% Milk Fat Free Chocolate Milk	25 Breakfast Burrito Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk	26 Yogurt & Granola Parfait Craisins/Raisins, Assorted Flavors Low Fat 1% Milk Fat Free Chocolate Milk	27 Breakfast Sandwich Fresh Apple Low Fat 1% Milk Fat Free Chocolate Milk
30 Pick 2 Assorted Breakfast Items Fresh Apple Low Fat 1% Milk Fat Free Milk	31 Yogurt & Granola Parfait Banana Low Fat 1% Milk Fat Free Chocolate Milk			

This institution is an equal opportunity provider. *Menu subject to change.*

