



Howard Gardner Community School 2018/ 2019

JANUARY BREAKFAST



Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Winter Break Continues	3	4
7	8	9	10	11
14 Winter Break Ends	15 • hot sausage and omelet gordita • cinnamon raisin bagel (v) Fruit & Milk	16 No Breakfast	17 • cheerios, zac attack apple bar • cinnamon crumbles Fruit & Milk	18 • dipperdoodle bar (df) • blueberry burst muffin Fruit & Milk
21 NO School Dr. Martin Luther King Jr. Day	22 • zac omega fruit filled strawberry bar (df) • cinnamon chex & educational snacks (v) Fruit & Milk	23 No Breakfast	24 • hot cinnamon toast bagel (v) • multigrain cheerios & educational snacks (v) Fruit & Milk	25 • turkey cheddar brekwich • mini lemon muffin & string cheese (v) Fruit & Milk
28 • corn chex & educational snacks • zee zees cinnamon crisp bar (df) Fruit & Milk	29 • hot buttermilk pancakes (v) • plain bagel & cream cheese Fruit & Milk	30 No Breakfast	31 • strawberry pancake bowl (counts as 1 serving of fruit) (v) • cheerios, zac attack apple bar • blueberry burst muffin Fruit & Milk	

This institution is an equal opportunity provider.