



BREAKFAST

JANUARY 2019

Las Américas ASPIRA Academy



Monday

Tuesday

Wednesday

Thursday

Friday

No School

No School

Belgian Waffle Sticks
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Whole Grain Donut
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Eggo Maple Pancakes
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Egg and Cheese Biscuit Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Breakfast Pizza
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Grape Crescent
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Dutch Waffle
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Mini Cinnamon Roll
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Breakfast Pizza Bagel
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Egg & Cheese Pretzel Roll Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Pancake Stick
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Whole Grain Donut
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

No School

Strawberry Bagelful
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Egg & Cheese Bagel Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Breakfast Burrito
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Dutch Waffle
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Egg & Cheese English Muffin Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Cinnamon Turnover
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Egg and Cheese Croissant Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

Belgian Waffle Sticks
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

- Daily Entrées include: Banana/Blueberry Bread, Oatmeal Bar, Muffins, Cereal Variety, French Toast Sticks with Syrup, and Honey WW Breakfast Bun
- Fruit Variety includes daily options of apples, bananas, oranges, and seasonal fruits that will be provided from local farms
- Milk Variety includes 1 % White, Non-Fat Chocolate, and Non-Fat Strawberry options
- Menu subject to change without notice

