

# CHRIST THE KING CONTINUING EDUCATION

## JANUARY 2019 MVP BREAKFAST MENU

WEEKLY NUTRITIONAL TOTALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c		<b>1</b>  <b>NEW YEAR'S NO SCHOOL</b>	<b>2 YOGURT</b> 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>3 FRENCH TOAST</b> 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>4 BAGELS</b> 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	<b>7 MUFFIN</b> 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	<b>8 EGGS</b> 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>9 YOGURT</b> 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>10 PANCAKES</b> 2 oz. Pancakes 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>11 BAGELS</b> 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	<b>14 MUFFIN</b> 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	<b>15 EGGS</b> 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>16 YOGURT</b> 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>17 FRENCH TOAST</b> 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>18 BAGELS</b> 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	<b>21</b>  <b>WINTER BREAK NO SCHOOL</b>	<b>22 EGGS</b> 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>23 YOGURT</b> 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>24 PANCAKES</b> 2 oz. Pancakes 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>25 BAGELS</b> 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	<b>28 MUFFIN</b> 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	<b>29 EGGS</b> 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>30 YOGURT</b> 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	<b>31 FRENCH TOAST</b> 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	