

# January 2025

## ST MARCUS

### Maple & Bean Free K-12 Breakfast Menu **\*\*ALLERGY MENU\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOLS:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  <b>MENU SUBJECT TO CHANGE</b>	**2 oz equivalent grains		2  <b>NO SCHOOL</b>	3  <b>NO SCHOOL</b>
6  -HOT BREAKFAST- WG Glazed Cinnamon Pancakes ** 100% Fruit Juice Applesauce cup Choice of Milk	7  WG RS Trix Cereal WG Honey Gram Crackers 100% Fruit Juice Dried Apple Crisps Choice of Milk	8  -HOT BREAKFAST- WG Turkey Ham and Cheese Breakfast Stuffer** 100% Fruit Juice Fresh Banana Choice of Milk	9  NEW! Tropical Yogurt Smoothie Granola Crispy Bites Seasonal Fruit Choice of Milk	10  -HOT BREAKFAST- WG English Muffin w/ Turkey Sausage & Jelly** 100% Fruit Juice Dried Mixed Fruit Choice of Milk
13  <b>NO SCHOOL</b>	14  WG Cinnamon Granola New! Mango Yogurt 100% Fruit Juice Dried Pineapple Choice of Milk	15  -HOT BREAKFAST- WG Egg & Cheese Breakfast Burrito** 100% Fruit Juice Fresh Banana Choice of Milk	16  WG Strawberry NutriGrain Bar Hardboiled Egg 100% Fruit Juice Fruit Cup Choice of Milk	17  -HOT BREAKFAST- WG Apple Texas Toast ** 100% Fruit Juice Seasonal Fruit Choice of Milk
20  <u>Martin Luther King Jr. Day</u> <b>NO SCHOOL</b>	21  Sunberry Trail Mix Yogurt Cup 100% Fruit Juice Choice of Milk	22  -HOT BREAKFAST- USE ALTERNATE BREAKFAST NO SYRUP USE JELLY OR HONEY 100% Fruit Juice Fresh Banana Choice of Milk	23  WG Golden Grahams Cereal Cheese Stick 100% Fruit Juice Applesauce Cup Choice of Milk	24  -HOT BREAKFAST- USE ALTERNATE BREAKFAST NO SYRUP USE JELLY OR HONEY 100% Fruit Juice Seasonal Fruit Choice of Milk
27  -HOT BREAKFAST- WG Glazed Blueberry Pancakes** 100% Fruit Juice Applesauce Cup Choice of Milk	28  WG Fruit Muffin String Cheese 100% Fruit Juice Sour Watermelon Raisins Choice of Milk	29  -HOT BREAKFAST- WG Turkey Ham and Cheese Breakfast Stuffer** 100% Fruit Juice Fresh Banana Choice of Milk	30  WG Ultimate Breakfast Round** 100% Fruit Juice Frozen Strawberry Cup Choice of Milk	31  -HOT BREAKFAST- Warm WG Carmel Cinni Minis** 100% Fruit Juice Seasonal Fruit Choice of Milk

**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**  
 This institution is an equal opportunity provider.