







Parker Junior High January 2019 6-8 Breakfast Express Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
|  | | January 1  | January 2 NO SCHOOL | January 3 NO SCHOOL | January 4 NO SCHOOL |
|  | January 7 NO SCHOOL | January 8 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 9 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 10 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 11 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | January 14 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 15 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 16 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 17 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 18 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | January 21 NO SCHOOL MARTIN LUTHER KING HOLIDAY | January 22 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 23 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 24 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 25 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | January 28 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 29 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 30 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | January 31 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | |

**1% & Skim White Milk & Fat-Free Chocolate Milk Plus
Fresh Fruit Basket Available Every Day**

*=Whole-grain item
 Non-cereal selection may be offered instead of cold cereal
 Milk served with breakfast contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

Breakfast Buzz

Make a New Year's resolution to eat school breakfast each day. Did you know that school breakfast is convenient, healthy, and delicious?

