

# January 2019 Paramount Academy BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO MEAL SERVICE	2 NO MEAL SERVICE	3 NO MEAL SERVICE	4 NO MEAL SERVICE
7 WG Ubr Cinnamon Round Fruit 100% Orange Pineapple Juice	8 WG Cocoa Puffs Cereal Fruit 100% Apple Juice	9 WG Apple Frudel Banana 100% Orange Juice	10 WG Chocolate Mini Donuts Fruit 100% Fruit Punch	11 WG Sausage Pancake Wrap Banana 100% Apple Juice
14 WG French Toast Bar Fruit 100% Orange Pineapple Juice	15 WG Apple Cinnamon Cheerios Cereal Fruit 100% Apple Juice	16 WG Maple Madness Waffles Banana 100% Orange Juice	17 WG Strawberry PopTart Fruit 100% Fruit Punch	18 WG Turkey Sausage Sandwich w/ Cheese Banana 100% Apple Juice
21 NO MEAL SERVICE	22 WG Trix Cereal Fruit 100% Apple Juice	23 WG Pancakes w/ Syrup Banana 100% Orange Juice	24 WG Cinnamon Mini Bagels Fruit 100% Fruit Punch	25 WG Breakfast Burrito Banana 100% Apple Juice
28 Assorted Yogurt w/ WG Crackers Fruit 100% Orange Pineapple Juice	29 WG Lucky Charms Cereal Fruit 100% Apple Juice	30 WG Mini Cinnamon Rolls Banana 100% Orange Juice	31 WG Grape-Filled Crescent Fruit 100% Fruit Punch	

\* This institution is an equal opportunity provider and employer.

\* Menus are subject to change based on product availability.

\* WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk