



BREAKFAST K-12

2023

Week 1	Monday January 2, 2023	Tuesday January 3, 2023	Wednesday January 4, 2023	Thursday January 5, 2023	Friday January 6, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 2	Monday January 9, 2023	Tuesday January 10, 2023	Wednesday January 11, 2023	Thursday January 12, 2023	Friday January 13, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Fruit in Season -100% Fruit Juice	Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 3	Monday January 16, 2023	Tuesday January 17, 2023	Wednesday January 18, 2023	Thursday January 19, 2023	Friday January 20, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	RPS Closed 	Steak Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2		-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1		-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 4	Monday January 23, 2023	Tuesday January 24, 2023	Wednesday January 25, 2023	Thursday January 26, 2023	Friday January 27, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim



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Week 3	Monday January 30, 2023	Tuesday January 31, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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