

# What's on the Menu?

## Alleghany K-8 Breakfast: January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>8</sup> <b>Blueberry Bash Waffles</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>9</sup> <b>Sausage Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>10</sup> <b>Pillsbury Triple Berry French Toast</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>11</sup> <b>Bacon Egg Cheese Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>12</sup> <b>Breakfast Sausage Pizza</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk
<sup>15</sup>	<sup>16</sup> <b>Biscuit with Peppered Gravy</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>17</sup> <b>Eggo Confetti Pancakes</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>18</sup> <b>Sausage Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>19</sup> <b>Breakfast Sausage Pizza</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk
<sup>22</sup> <b>Blueberry Bash Waffles</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>23</sup> <b>Chicken Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>24</sup> <b>Pillsbury Triple Berry French Toast</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>25</sup> <b>Bacon Egg Cheese Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>26</sup> <b>Breakfast Sausage Pizza</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk
<sup>29</sup> <b>Mini Maple Waffles</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>30</sup> <b>Biscuit with Peppered Gravy</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>31</sup> <b>Eggo Confetti Pancakes</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>1</sup> <b>Chicken Biscuit</b> <b>Poptart</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk	<sup>2</sup> <b>Breakfast Sausage Pizza</b> <b>Assorted Cereal</b> <b>Whole Grain Toast</b> Fruit Assorted Juice Milk

All students must select at least 1/2 cup of fruit with their reimbursable meal. A full student breakfast includes a choice of one (1) entrée supplying protein and/or grain, up to two (2) fruit side dishes (one (1) can be a fruit juice, and one (1) milk. Milk choices include skim white, 1% white, and skim chocolate.