

# UNALASKA CITY SCHOOL

## JANUARY 2019 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday					
8	Sausage Breakfast Pizza Apple Wedges Orange Juice	9	Malt-O-Meal Whole Grain English Muffin Mixed Fruit	10	Carrot Muffin Mixed Fruit Orange Juice	11	French Toast Sticks Cherry Applesauce Orange Juice		
14	Whole Grain Pancakes Fresh Apple Orange Juice	15	Cream of Wheat Whole Grain English Muffin Mixed Fruit	16	Scrambled Eggs Whole Grain Bread Sticks Orange Wedges	17	Whole Grain Waffles Diced Pears Orange Juice	18	Bacon Breakfast Pizza Applesauce Cup Orange Juice
21	Whole Grain Bagel W/Low Fat Cream Cheese Sliced Peaches	22	Blueberry Oats Muffin Diced Pears	23	French Toast Sticks Applesauce	24	Oatmeal W/ Raisins Diced Pears Orange Juice	25	Breakfast Burrito Diced Peaches
28	Cheerios Whole Grain Biscuit Orange Wedges	29	Raider McMuffin Mixed Fruit Orange Juice	30	Sausage Breakfast Pizza Pineapple Pieces Orange Juice	31	Colby Cheese Omelette Fresh Apple		

Daily Milk Offerings: 1/2 Pint of 1% White or Fat-Free Chocolate  
All Grain Products are at least 51% Whole Grain  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER