

Welcome to our Breakfast Cafe at...

People for People MS

January
2020

Monday

Tuesday

Wednesday

Thursday

Friday

**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**



6 Golden Grahams
Fresh Orange
Apple 100% Juice

7 Raspberry Nutri-Grain Bar
Organic Applesauce
100% Juice Fruit
Punch

8 Strawberry Mini Bagel
Fresh Banana
Apple Grape 100% Juice

9 Strawberry Pop Tart
Fresh Orange
Apple 100% Juice

10 Red. Sugar Apple Jacks
Fresh Apple
100% Orange Juice Blend

13 Apple Strudel
Fresh Pear
Apple 100% Juice

14 Whole Grain Chocolate Chip Muffin Flat
Fresh Banana
Apple 100% Juice

15 Egg and Cheese Sandwich
Fresh Orange
100% Juice Fruit
Punch

16 Mini Cinnamon Rolls
Fresh Apple
Apple 100% Juice

17 Red. Sugar Froot Loops
Mixed Fruit
100% Orange Juice Blend



21 Brown Sugar Cinnamon Pop Tart
Fresh Orange
Apple 100% Juice

22 Fluffy Whole Grain Pancakes
Fresh Banana
100% Orange Juice Blend

23 Whole Grain Apple Cinnamon Muffin Flat
Organic Applesauce
Apple 100% Juice

24 Apple Cinnamon Cheerios
Mixed Fruit
100% Orange Juice Blend

27 Golden Grahams
Fresh Apple
100% Orange Juice Blend

28 Soft Filled Cinnamon Toast Crunch Bar
Fresh Orange
100% Juice Fruit
Punch

29 Egg and Cheese Sandwich
Fresh Banana
Apple 100% Juice

30 Mini Blueberry Bash Waffles
Fresh Pear
Apple 100% Juice

31 Red. Sugar Cocoa Puffs
Organic Applesauce
100% Orange Juice Blend

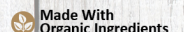
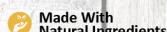


Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



Breakfast is Served in the Classroom
Breakfast is Free For ALL Students

All Meals include a choice of fat free or low fat milk.



*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.