January 2018 Elementary Breakfast

Prepay online at www.myschoolbucks.com!

*All meals are served with 1% low-fat free milk or nonfat chocolate milk.

MONDAY

No School





Breakfast Bun \circ r **Breakfast Classics** 100% Fresh Juice Fresh Fruit

15

No School

TUESDAY

French Toast Breakfast Bar **Breakfast Classics**

100% Fresh Juice Fresh Fruit

₩ W Öatmeal Chocolate Chip Breakfast Bar **Breakfast Classics** 100% Fresh Juice

Fresh Fruit

Cherry Frudel 16 **Breakfast Classics**

100% Fresh Juice Fresh Fruit

WEDNESDAY

Breakfast Pizza 3 **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

₩W 10 Apple Frudel **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

剩 (V) Banana Chocolate Chip Breakfast Bar **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

THURSDAY

劉(V) Mini Cinnis or **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

11 **Breakfast Sandwich Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

₩₩ Mini Cinnis

Breakfast Classics

100% Fresh Juice Fresh Fruit

FRIDAY

with Apple Slices **Breakfast Classics**

100% Fresh Juice

WEEKLY AVERAGE

5

12

Calories: 417 Total Fat: 7.7g Sat. Fat: 2.3q Fiber: 5.1q Sodium: 406mg

Fresh Fruit

₩(**V**)

Mini Waffles **Breakfast Classics**

100% Fresh Juice Fresh Fruit

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18

Calories: 408

Total Fat: 7.5g Sat. Fat: 2.3a Fiber: 5.0q

Sodium: 416ma

19 Yogurt Parfait

Fiber: 4.9q

100% Fresh Juice Fresh Fruit

Breakfast Classics

Calories: 411 Total Fat: 7.7g Sat. Fat: 2.2g

Sodium: 398ma

Meal Price:

Full Price—2.00 Reduced Price—No Charge Milk a la Carte—\$0.50

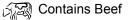
edondo Beach USD

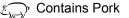
is getting **GREENER!**

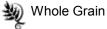
*We now use recyclable paper trays in all our cafeterias

Menu Key:









*Menu Subject to Change

Januar Breakfast Elementar

Visit us on the web at www.rbusd.org/childnutrition

www.myschoolbucks.com

*all meals served with 1% low fat free milk or fat free chocolate

MONDAY

French Toast Breakfast Bar

Breakfast Classics

100% Fresh Juice Fresh Fruit

劉(V) **३**♥ **29** Berry Blast French Toast

Syrup Packet **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

Monday, January 8th is Red Dot Day!

Students are invited to come in & enjoy a delicious & healthy breakfast! If they find a Red Dot on the bottom of your breakfast tray, they will win a special prize!

TUESDAY

Breakfast Pizza 23 **Breakfast Classics**

100% Fresh Juice Fresh Fruit

製(V) 30

Oatmeal Chocolate Chip Breakfast Bar or **Breakfast Classics** 100% Fresh Juice

Fresh Fruit

WEDNESDAY

₩ W Breakfast Bun 24 **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

₩ (V)

31 Mini Cinnis **Breakfast Classics**

100% Fresh Juice Fresh Fruit

THURSDAY

Breakfast Sandwich 25 **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

FRIDAY

₩ W Hot Oatmeal 26 with Apple Slices **Breakfast Classics**

> 100% Fresh Juice Fresh Fruit

WEEKLY AVERAGE

Calories: 411 Total Fat: 7.6g Sat. Fat: 2.3q Fiber: 5.1g Sodium: 421mg



Calories: 421 Total Fat: 7.9a Sat. Fat: 2.3g Fiber: 4.9q Sodium: 414mg



All students must select a 1/2 cup of fruit!



Offered Daily

Breakfast Classics: WG Plain Bagel +

Cream Cheese

WG Cereal Selections



WG Muffins

edondo Beach Unified School District

This institution is an equal opportunity provider.

Can't make it to breakfast before the start of school?

A second chance breakfast is offered daily in the cafeteria during the students' recess times at the following schools: Beryl, Birney, Jefferson, Lincoln, Madison & Washington.