

# Sunflowers/Arcadia Academy **Breakfast** Program

presented by Greater Miami Caterers, Inc.

## January 2019

This menu is Dietician Approved  
to meet NSLP & CCFP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>SCHOOL CLOSED</b>	2 <b>SCHOOL CLOSED</b>	3 <b>SCHOOL CLOSED</b>	4 <b>SCHOOL CLOSED</b>
7 STRAWBERRY APPLESAUCE FRUIT JUICE WHOLE GRAIN CEREAL FRUIT BAR WHOLE GRAIN CRACKERS LOW-FAT YOGURT	8 DICED PEACHES FRUIT JUICE WHOLE GRAIN WAFFLE SYRUP	9 MANDARIN ORANGES FRUIT JUICE WHOLE GRAIN BANANA MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	10 DICED PEARS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN, EGG & CHEESE SANDWICH	11 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN CORN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY
14 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	15 FRESH APPLE FRUIT JUICE WHOLE GRAIN FRENCH TOAST SYRUP	16 PINEAPPLE TIDBITS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	17 FRESH BANANA FRUIT JUICE WHOLE GRAIN WAFFLES SYRUP	18 <b>SCHOOL CLOSED</b> Teacher Planning Day
21 <b>SCHOOL CLOSED</b> MLK Jr. Day Holiday	22 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN PANCAKES SYRUP	23 DICED PEACHES FRUIT JUICE WHOLE WHEAT CINNAMON RAISIN BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	24 DICED PEARS FRUIT JUICE WHOLE GRAIN BISCUIT, TURKEY SAUSAGE & CHEESE SANDWICH	25 FRESH BANANA FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL
28 FRESH APPLE FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	29 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BAGEL, EGG & CHEESE SANDWICH	30 FRESH MELON (DOUBLE PORTION) WHOLE GRAIN OAT BRAN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	31 FRESH BANANA FRUIT JUICE WHOLE GRAIN FRENCH TOAST SYRUP	

ALL MEALS ARE SERVED WITH SKIM MILK OR 1% LOW FAT MILK (YOUR CHOICE)

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