



January 2019

Phelps/OTC/Discovery BREAKFAST MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

(1)		1 No School	2 No School	3 Sausage & Chz English Muffin* Assorted Cereal Assorted Fruits	4 Cheese Bosco Sticks Assorted Cereal Assorted Fruits
	Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.				
(2)	7 Sausage, Egg & Cheese Bagel* Assorted Cereal Assorted Fruits	8 Chz & Chix Sausage Quesadilla* Assorted Cereal Assorted Fruits	9 Dutch Waffle Assorted Cereal Assorted Fruits	10 Egg & Chz English Muffin Assorted Cereal Assorted Fruits	11 Chocolate Crescent Assorted Cereal Assorted Fruits
(3)	14 Apple Frudel Pick 2 Breakfast Assorted Cereal Assorted Fruits	15 Sausage & Cheese English Muffin* Assorted Cereal Assorted Fruits	16 Sausage & Chz Biscuit* Assorted Cereal Assorted Fruits	27 Cheesy Cham** & Egg Pancake Panini Assorted Cereal Assorted Fruits	18 Sausage Breakfast Pizza* Assorted Cereal Assorted Fruits
(4)	21 MLK Jr. Day	22 Chz & Chix Sausage Quesadilla* Assorted Cereal Assorted Fruits	23 Apple Bosco Sticks Assorted Cereal Assorted Fruits	24 Egg & Chz English Muffin Assorted Cereal Assorted Fruits	25 Sausage & Chz English Muffin* Assorted Cereal Assorted Fruits
(5)	28 Country Chicken Biscuit Assorted Cereal Assorted Fruits	29 Cheesy Cham** & Egg Pancake Panini Assorted Cereal Assorted Fruits	30 Cheese Bosco Sticks Assorted Cereal Assorted Fruits	31 Sausage & Chz English Muffin* Assorted Cereal Assorted Fruits	

What is a Reimbursable Breakfast?

1. Whole Grain
2. Fruit
3. Milk-1%, Skim
4. Additional Item: Grain or Meat/Meat Alt.

Must choose 3 items with one being ½ cup fruit

Offered Daily:

*Assorted Cereals

*Assorted Juice

*Assorted Milk
1% White,
1% Chocolate
Skim: Vanilla,
Strawberry

*May contain pork
**Chicken Ham

Breakfast: \$1.30
Reduced: \$0.30
BIC Sites: Free

Vision: "Deliver experiences that enrich and nourish lives."



Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

Menus are subject to change without notice.

