

BADR Breakfast

January 1 - January 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year! 1	Applesauce Cup - 1/2c 100% Fruit Punch -4oz W/G Honey Scooters -1oz W/G Graham Crackers-3pk Milk-8 oz. 2	Diced Pear Cup - 1/2c Orange Juice - 4 oz. W/G Apple Cinnamon Poffitz Pancakes - 1 Milk-8 oz. 3
Mixed Fruit Cup - 1/2c 100% Apple Juice-4oz. W/G Cinnamon Toasters-1oz W/G Corn Muffin - 2oz Milk-8 oz. 6	Fresh Orange-1 Multigrain Cheerios - 1oz. Apple Breakfast Bar - 1 Milk-8 oz. 7	Fresh Pear - 1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz. 8	Diced Pear Cup - 1/2c. 100% Fruit Punch-4oz W/G Apple Cinnamon Poffitz Pancakes - 1 Milk-8 oz. 9	closed 10
closed 13	closed 14	closed 15	closed 16	closed 17
Fresh Apple-1 W/G Rice Chex Cereal-1oz W/G Graham Crackers-3pk Milk-8 oz. 20	Applesauce Cup -1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G Chocolate Tiger Bites- 1 Milk-8 oz. 21	Fresh Pear - 1 bagel with cream cheese Milk -8oz. 22	Diced Pear Cup - 1/2c. 100% Straw-Kiwi Juice - 4oz. W/G Honey Scooters - 1oz W/G Chat Snax-1 Milk-8 oz. 23	Mandarin Orange Cup - 1/2 100% Grape Juice - 4oz. cheerios W/G Blueberry Muffin-2oz Milk-8 oz. 24
Applesauce Cup - 1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G Original Tiger Bites - 1 Milk-8 oz. 27	Peach Applesauce Cup-1/2c 100% Grape Juice - 4oz. Corn Flakes Cereal - 1oz W/G Graham Crackers - 3pk Milk-8 oz. 28	Fresh Pear - 1 W/G Croissant with Margarine - 2.2oz. Milk - 8oz 29	Fresh Apple -1 W/G Wheat Bagel with Cream Cheese -1 Milk-8 oz. 30	Diced Pear Cup - 1/2c 100% Apple Juice - 4oz Kix Cereal - 1oz. W/G Scooby Snacks - 1 Milk-8 oz. 31
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Happy New Year! 1	Macaroni & Cheese - 6oz Mixed Vegetables - 3/4c Whole Grain Bread -1 Fresh Apple-1 Milk - 8oz 2	W/G Pizza Bagel - 5oz Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz 3
W/G Mini Cheese Quesadillas - 3 Black Beans - 3/4c Cherry Craisins - 1/2c Milk - 8oz 6	Beef Meatloaf w/Ketchup - 3oz French Fries -3/4c Wheat Dinner Roll - 1 Applesauce Cup - 1/2 c. Milk - 8oz 7	Subsandwich Turkey and Cheese Carrots milk 8	W/G Pizza Crunchers-4 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz 9	closed Jan 10 and will return Jan 20 10
closed Jan 10 and will return Jan 20 13	closed Jan 10 and will return Jan 20 14	closed Jan 10 and will return Jan 20 15	closed Jan 10 and will return Jan 20 16	closed Jan 10 and will return Jan 20 17
Chicken Burger Whole Wheat Bun-1 Vegetarian Beans - 3/4c Strawberry Craisins - 1/2c Milk - 8oz 20	BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz 21	Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Diced Pear Cup-1/2 c. Whole Grain Bread - 1 Milk-8oz 22	Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll -1 Milk - 8oz 23	Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz 24
Basil & Mozzarella Chicken Meatballs w/ Sauce -3oz Green Beans - 3/4c Cherry Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz 27	Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Diced Pear Cup-1/2 c. Whole Grain Bread - 1 Milk-8oz 28	W/G Chicken Nuggets - 3.5oz Diced Carrots -1c Fresh Apple - 1 Wheat Dinner Roll - 1 Milk- 8oz 29	Macaroni & Cheese - 6oz Black Beans - 3/4c Whole Grain Bread -1 Fresh Banana - 1 Milk - 8oz 30	W/G Pizza Bagel - 5oz Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz 31