

JANUARY 2024

MIDDLE SCHOOL BREAKFAST ALLERGENS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

No School

No School

8

Recipes	Allergen
Muffin & Yogurt	Egg, Milk, Soy, Wheat
Whole Grain Bagel	Wheat
1% White Milk	Milk
Fat Free Milk	Milk

9

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

10

Recipes	Allergen
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

11

Recipes	Allergen
EL Smoothie Pack	Milk,Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

12

No School

15

Recipes	Allergen
Muffin & Yogurt	Egg, Milk, Soy, Wheat
Whole Grain Bagel	Wheat
1% White Milk	Milk
Fat Free Milk	Milk

16

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

17

Recipes	Allergen
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

18

Recipes	Allergen
EL Smoothie Pack	Milk,Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

19

Recipes	Allergen
Asst. Cereal Bowls	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

22

Recipes	Allergen
Muffin & Yogurt	Egg, Milk, Soy, Wheat
Whole Grain Bagel	Wheat
1% White Milk	Milk
Fat Free Milk	Milk

23

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

24

Recipes	Allergen
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

25

Recipes	Allergen
EL Smoothie Pack	Milk,Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

26

Recipes	Allergen
Asst. Cereal Bowls	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

29

Recipes	Allergen
Muffin & Yogurt	Egg, Milk, Soy, Wheat
Whole Grain Bagel	Wheat
1% White Milk	Milk
Fat Free Milk	Milk

30

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

31

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

31

Recipes	Allergen
Cereal Bar and String Cheese	Soy, Wheat
Whole Grain Bagel	Wheat
Cream Cheese Cup	Milk
1% White Milk	Milk
Fat Free Milk	Milk

31