JANUARY 2024

MIDDLE SCHOOL BREAKFAST ALLERGENS

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
]		1			2	3		3			4	į		5
No School														
No School		8	Recipes	Allergen 9 Egg, Milk, Soy, Wheat Wheat	Recipes	Allergen	10	Recipes	Allergen	7 11	Recipes	Allergen	12	
			Muffin & Yogurt			Cereal Bar and String Cheese Whole Grain Bagel	Soy, Wheat		Whole Grain Bagel Wheat	┤ ¨ │	EL Smoothie Pack	Milk,Wheat	7 '-	
					<u> </u> 		Wheat			Milk		Whole Grain Bagel	Wheat	
			Whole Grain Bagel			Cream Cheese Cup	Milk		Cream Cheese Cup			Cream Cheese Cup	Milk	
			1% White Milk	Milk	_	1% White Milk	Milk		1% White Milk	Milk		1% White Milk	Milk	
			Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk	
No School		15	Recipes	Allergen 16] 16	Recipes	Allergen	17	Recipes	Allorgon	18	Recipes	Allergen	19
			Muffin & Yogurt	Egg, Milk, Soy, Wheat		Cereal Bar and String Cheese	Soy, Wheat	7 ''	· -	Allergen		EL Smoothie Pack	Milk,Wheat	
					Wheat Milk Milk	Whole Grain Bagel	Wheat		Whole Grain Bagel	Wheat	-	Whole Grain Bagel	Wheat	
			Whole Grain Bagel	_		Cream Cheese Cup	Milk		Cream Cheese Cup	Milk		Cream Cheese Cup	Milk	
			1% White Milk	_		1% White Milk	Milk		1% White Milk	Milk		1% White Milk	Milk	
			Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk	
Recipes	es Allergen		Basinas	Allaman	23	Recipes	Allergen	24	Pagings	Allowers	7 25	Recipes	Allergen	26
Asst. Cereal Bowls	Soy, Wheat	22	Recipes	Allergen Egg, Milk, Soy, Wheat	<u> </u> 	Cereal Bar and String Cheese Whole Grain Bagel	Soy, Wheat Wheat Milk	1	Recipes Allergen Whole Grain Bagel Wheat		-	EL Smoothie Pack	Milk,Wheat	
Whole Grain Bagel	e Grain Bagel Wheat		Muffin & Yogurt		<u> </u>					-	Whole Grain Bagel	Wheat		
Cream Cheese Cup	Milk		Whole Grain Bagel	Wheat	Milk	Cream Cheese Cup			Cream Cheese Cup	Milk		Cream Cheese Cup	Milk	
1% White Milk	Milk		1% White Milk			1% White Milk	Milk		1% White Milk	Milk		1% White Milk	Milk	
Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk		Fat Free Milk	Milk	┙╽	Fat Free Milk	Milk	
20		720		70		Recipes	Allergen	 7						
Recipes	Allergen	29	Recipes	Allergen	heat 30	Cereal Bar and String Cheese	Soy, Wheat	31						
Asst. Cereal Bowls	Soy, Wheat Wheat	-	Muffin & Yogurt	Egg, Milk, Soy, Wheat		Whole Grain Bagel	Wheat							
Whole Grain Bagel Cream Cheese Cup	Milk	-	Whole Grain Bagel	Wheat		Cream Cheese Cup	Milk							
1% White Milk	Milk	-	1% White Milk	Milk		1% White Milk	Milk							
Fat Free Milk	Milk	-	Fat Free Milk	Milk		Fat Free Milk	Milk							
Fut Fiee Milk	WIIK				J									