

# MORRIS JEFF HIGH SCHOOL AT CLARK

## Morris Jeff Clark High Breakfast Menu January 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 December 3 - 4				3 <ul style="list-style-type: none"> <li>Turkey &amp; Cheese Melt</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	4 <ul style="list-style-type: none"> <li>Whole Grain Waffles</li> <li>Maple Syrup</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 2 January 7 - 11	7 <ul style="list-style-type: none"> <li>Greek Yogurt &amp; Granola (V)</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	8 <ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Grain Toast</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	9 <ul style="list-style-type: none"> <li>Whole Grain Waffles</li> <li>Maple Syrup</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	10 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	11 <ul style="list-style-type: none"> <li>Whole Grain Cinnamon Roll</li> <li>w/ Maple Syrup</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 3 January 14 - 18	14 <ul style="list-style-type: none"> <li>Egg &amp; Cheese Breakfast Sandwich</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	15 <ul style="list-style-type: none"> <li>Vegetable Frittata</li> <li>Whole Grain Toast</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	16 <ul style="list-style-type: none"> <li>French Toast w/ Maple Syrup</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	17 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	18 <ul style="list-style-type: none"> <li>Oatmeal Muffin Squares</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 4 January 21-25	21 <p>No School</p> <p>Martin Luther King Day</p>	22 <ul style="list-style-type: none"> <li>Vegetable Frittata</li> <li>Whole Grain Toast</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	23 <ul style="list-style-type: none"> <li>French Toast w/ Maple Syrup</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	24 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	25 <ul style="list-style-type: none"> <li>Oatmeal Muffin Squares</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 5 January 28 - 31	28 <ul style="list-style-type: none"> <li>Greek Yogurt &amp; Granola (V)</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	29 <ul style="list-style-type: none"> <li>Breakfast Burrito</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	30 <ul style="list-style-type: none"> <li>Whole Grain Pancakes</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Maple Syrup</li> </ul>	31 <ul style="list-style-type: none"> <li>Egg &amp; Cheese Breakfast Sandwich</li> <li>Whole Grain Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>		

