



# JANUARY | 2022

## Jefferson & Kennedy Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 RS Frosted Flakes Raisins Apple Juice Variety of Milk	4 Blueberry Belvita Bar Banana Orange Juice Variety of Milk	5 Apple Frudel Strawberry Cup Grape Juice Variety of Milk	6 WG Breakfast Bar Applesauce Cup Fruit Punch Variety of Milk	7 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk
10 Cheerios Raisins Apple Juice Variety of Milk	11 Mini Pancakes Banana Orange Juice Variety of Milk	12 WG Muffin Cheese Stick Fresh Apple Slices Grape Juice Variety of Milk	13 WG Breakfast Bar Applesauce Cup Fruit Punch Variety of Milk	14 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk
17 NO SCHOOL	18 Cherry Frudel Banana Orange Juice Variety of Milk	19 Cream Cheese Bagel Mixed Berry Fruit Cup Grape Juice Variety of Milk	20 WG Breakfast Bar Applesauce Cup Fruit Punch Variety of Milk	21 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk
24 Chex Cereal Raisins Apple Juice Variety of Milk	25 Cinni Mini Banana Orange Juice Variety of Milk	26 Cocoa Puff Soft Pocket Peach Fruit Cup Grape Juice Variety of Milk	27 WG Breakfast Bar Applesauce Cup Fruit Punch Variety of Milk	28 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk
31 RS Cinnamon Toast Crunch Raisins Apple Juice Variety of Milk	1	2	3	4

### News

**Free Breakfast In The Classroom**

**Adult Price - \$ 2.50**

**Foodservice reserves the right to change the menu without notice**

**Questions concerning the menu please contact**

**Keri Carlson  
231-398-3695**

[kcarlson@manistee.org](mailto:kcarlson@manistee.org)

**Free and Reduced lunch applications may be filled out online at**

[www.lunchapp.com](http://www.lunchapp.com)

**Students must select 3 items to be a complete breakfast. One item must be a fruit or a juice**

**This institution is an equal opportunity provider**