

Utah Winter Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3 French Toast SYRUP,PANCAKE Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice ORANGES Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 4 Beet and Cherry Smoothie w/ Crunchy Granola Topping Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice RAISINS Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 5 Breakfast Burrito Salsa Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice GRAPEFRUIT HALVE Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 6 Oatmeal with Toppings Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice Apple Wedges Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 7 Egg and Cheese Biscuit Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice BANANAS Milk Non-fat Chocolate MILK,1% Lowfat
Jan - 10 WAFFLES SYRUP,PANCAKE Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice ORANGES Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 11 Breakfast Pizza Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice PEARS,FRESH Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 12 Breakfast Bowl with Toast, Salsa Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice BANANAS Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 13 Blueberry Muffin Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice GRAPEFRUIT HALVE Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 14 Turkey Sausage & Che Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Fruit Choice Apple Wedges Milk Non-fat Chocolate MILK,1% Lowfat

Green Highlight=Seasonal scratch recipe available

Yellow Highlight= Harvest of the Season item, source locally when possible



Harvest of the Season

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.