



# January 2012



MOTHER THEODORE ACADEMIES

BREAKFAST



Preferred Meal Systems, Inc.

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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 <b>NO SCHOOL</b>	4 RAISIN BRAN (WHOLE GRAIN) Glazed Donut Grape Juice	5 GOLDEN PANCAKES Apple-Cranberry Juice	6 BLUEBERRY MUFFIN Orange Juice
9 FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Blended Fruit Juice	10 CHEESE OMELET Graham Crackers Orange Pineapple Juice	11 APPLE MUFFIN Grape Juice	12 FRENCH TOAST STICKS Apple Cranberry Juice	13 CORN POPS Cinnamon Raisin Bagel Apple Juice
16 <i>I Have A Dream</i>  Martin Luther King, Jr. Day	17 PANCAKE & TURKEY SAUSAGE ON A STICK Orange Pineapple Juice	18 BANANA MUFFIN Apple Juice	19 BREAKFAST BURRITO Blended Fruit Juice	20 CRISPIX Rockin' Raisin Muffin Apple Cranberry Juice
23 COCOA KRISPIES Cinnamon Breakfast Square Blended Fruit Juice	24 CHICKEN BISCUIT Grape Juice	25 APPLE JACKS REDUCED SUGAR Cinnamon Superstix Orange Juice	26 BUTTERMILK WAFFLES W/SAUSAGE Apple Juice	27 BANANA MUFFIN Orange Pineapple Juice
30 FROOT LOOPS (LOW SUGAR) Apple Granola Square Orange Pineapple Juice	31 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES Apple Juice			

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

\*\*\*MENU SUBJECT TO CHANGE.



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