

# January 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<b>1</b> <b>NO SCHOOL!</b>  <b>NEW YEAR!</b>	<b>2</b> <b>NO SCHOOL!</b>	<b>3</b>  <b>Cereal Bar</b> <b>Juice</b> <b>Milk</b>	<b>4</b> <b>Lender Bagel w/c.c</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>5</b> <b>Lemon breakfast bread</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>8</b> <b>Oatmeal Round</b> <b>Fruit</b> <b>Milk</b>	<b>9</b> <b>Waffle (snack)</b> <b>Breakfast Sandwich</b> <b>Fruit</b> <b>Milk</b>	<b>10</b> <b>Frudel</b> <b>Juice</b> <b>Milk</b>	<b>11</b> <b>Muffin</b> <b>Fruit</b> <b>Milk</b>	<b>12</b> <b>Pancakes</b> <b>Juice</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>15</b> <b>NO SCHOOL!</b>  <b>ML KING DAY</b>	<b>16</b>  <b>Poptarts</b> <b>Juice</b> <b>Milk</b>	<b>17</b>  <b>French toast</b> <b>Fruit</b> <b>Milk</b>	<b>18</b> <b>Donuts w.g</b> <b>Banana</b> <b>Milk</b>	<b>19</b> <b>Yogurt cup</b> <b>Cheese stick</b> <b>Apple slices</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>22</b>  <b>Cereal Bar</b> <b>Fruit</b> <b>Milk</b>	<b>23</b>  <b>Nutrigrain bar</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>24</b>  <b>Pretzel w cinnamon</b> <b>Breakfast Bagel</b> <b>Juice</b> <b>Milk</b>	<b>25</b> <b>Cinni mini</b> <b>Fruit</b> <b>Milk</b>	<b>26</b> <b>Pancakes/French toast/waffle</b> <b>Big Breakfast</b> <b>HMS_SHS</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>29</b> <b>Cereal</b> <b>Juice</b> <b>Milk</b>	<b>30</b> <b>Muffin loaf</b> <b>Fruit</b> <b>Cheese stick</b> <b>Milk</b>	<b>31</b> <b>Yogurt</b> <b>Breakfast bread</b> <b>Strawberry cup</b> <b>Milk</b>	<b>1</b>	<b>2</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

