

KLAMATH COUNTY SCHOOL DISTRICT

JANUARY 2021

BREAKFAST MENU 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday
SERVED DAILY 1% WHITE MILK 13g SKIM MILK 13g FF CHOCOLATE MILK 21g 1 CUP FRUIT	4	5	6	7	8
Daily Choice of Cereal Cinn Toast Crunch 22g Honey/Nut Cheerios 22g Rice Chex 18g Syrup 31g	11 Sausage Pup 36g Yogurt * Applesauce 28g	12 DBL Chocolate Muffin 21g String Cheese 0g Peaches 28g	13 Cinnamon Swirl 32g Had Boiled Egg 1g Fruit Cocktail 34g	14 Banana Choc Chunk Brkfst Bar 48g Cottage Cheese 5g Pears 34g	15
MENUS ARE SUBJECT TO CHANGE	18 NO SCHOOL	19 Oatmeal Strawberry Brkfst Bar 46g String Cheese 0 g Peaches 28g	20 Biscuit 25g Sausage Gravy 8g Cottage Cheese 5g Fruit Cocktail 34g	21 Waffles 22g Sausage Patty 1 g Pears 34g	22 NO SCHOOL
	25 Sausage Pup 36g Yogurt * Applesauce 28g	26 Blueberry Muffin 19g Hard Boiled Egg 1g Peaches 28g	27 Cinni Minis 40g String Cheese 0g Fruit Cocktail 34g	28 French Toast Sticks 53g Sausage Patty 1g Pears 34g	29

*Note – Yogurt carb counts – check your product

** All Breakfast: Milk – Juice – Bagel w/Cream Cheese (Mini 1-6 and Large 7-12)

Mini Bagel 16g Cream Cheese (1 TBSP) 1 g