

# 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 Strawberry Pancakes 40g Yogurt * Applesauce 28g	12 Breakfast Pizza 28g Peaches 28g	13 Strawberry Pancakes 40g Yogurt * Applesauce 28g	14 Breakfast Pizza 28g Peaches 28g	15
<b>MENUS ARE SUBJECT TO CHANGE</b>	18 NO SCHOOL	19 Banana Choc Chunk Brkfst Bar 48g String Cheese 0g Peaches 28g	20 Banana Pancakes 37g Sausage Patty 1g Fruit Cocktail 34g	21 Banana Choc Chunk Brkfst Bar 48g String Cheese 0g Peaches 28g	22 NO SCHOOL
	25 French Toast Sticks 53g Yogurt 18g Applesauce 28g	26 Biscuit 25g Sausage Gravy 8g Peaches 28g	27 French Toast Sticks 53g Yogurt 18g Applesauce 28g	28 Biscuit 25g Sausage Gravy 8g Peaches 28g	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