



RUSSELL BYERS CHARTER SCHOOL JANUARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022
	½ cup CINNAMON TOAST CRUNCH CEREAL  ½ cup BERRY APPLESAUCE CUP  4 oz ORANGE JUICE 8 oz 1% MILK	BREAKFAST WRAP - EGG & CHEESE ON SPINACH WRAP  ½ cup PEAR CUP  4 oz GRAPE JUICE 8 oz 1% MILK	(2) WAFFLES  ½ cup CINNAMON APPLESAUCE CUP  4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL  1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022
½ cup CHEERIOS CEREAL  1 each FRESH BANANA  4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP  1 oz Side of GRANOLA  ( Nut Free ) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL  1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES CEREAL  1 SL WHOLE WHEAT BREAD 1 each FRESH ORANGE WEDGES 8 oz 1% MILK	(2) PANCAKES  ½ cup BERRY APPLESAUCE CUP  4 oz ORANGE JUICE  SF SYRUP 8 oz 1% MILK
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022
½ cup RICE CHEX CEREAL  1 each FRESH APPLE  8 oz 1% MILK	(2) PIECES OF FRENCH TOAST  ½ cup CINNAMON APPLESAUCE CUP  4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	½ cup RICE KRISPIES CEREAL  1 each FRESH BANANA  4 oz ORANGE JUICE 8 oz 1% MILK	(2) WAFFLES  ½ cup CINNAMON APPLESAUCE CUP  4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL  1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022
½ cup CHEERIOS CEREAL  1 each FRESH BANANA  4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP  1 oz Side of GRANOLA  ( Nut Free ) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL  1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES CEREAL  1 SL WHOLE WHEAT BREAD 1 each FRESH ORANGE WEDGES 8 oz 1% MILK	(2) PANCAKES  ½ cup BERRY APPLESAUCE CUP  4 oz ORANGE JUICE  SF SYRUP 8 oz 1% MILK
1/31/2022				
½ cup RICE CHEX CEREAL 1 each FRESH APPLE 8 oz 1% MILK				