

Empower January 2025			Breakfast Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
Assorted Cereal (1oz) Granola Bar (1oz) Banana (½c) Fresh Fruit (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Applesauce (½c) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Muffin (1oz) Raisins (½c) Fresh Fruit (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Fruit Cup (½c) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Granola Bar (1oz) Yogurt (½c) Fresh Fruit (½c) 1% Milk (1c)
13	14	15	16	17
Assorted Cereal (1oz) Muffin (1oz) Yogurt (½c) Cutie Orange (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Applesauce (½c) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Muffin (1oz) Raisins (½c) Fresh Fruit (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Cutie Orange (½c) Jello (4oz) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Muffin (1oz) Peaches (½c) 1% Milk (1c)
20	21	22	23	24
MLK Day NO SCHOOL	Nutri Grain Bar (2oz) Applesauce (½c) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Muffin (1oz) Raisins (½c) Fresh Fruit (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Fruit Cup (½c) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Granola Bar (1oz) Yogurt (½c) Fresh Fruit (½c) 1% Milk (1c)
27	28	29	30	31
Assorted Cereal (1oz) Muffin (1oz) Yogurt (½c) Cutie Orange (½c) 1% Milk (1c)	NO SCHOOL	Assorted Cereal (1oz) Muffin (1oz) Raisins (½c) Fresh Fruit (½c) 1% Milk (1c)	Nutri Grain Bar (2oz) Cutie Orange (½c) Jello (4oz) 100% Fruit Juice (4oz) 1% Milk (1c)	Assorted Cereal (1oz) Muffin (1oz) Peaches (½c) 1% Milk (1c)

*January 2025 ~ BREAKFAST MENU CYCLE ~ Revised: 12/31/2024
Menu items are subject to change according to product availability.*