

Lassen Union High School

January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Banana Muffin String Cheese Cereal WW Bagel & Cream Chee PINEAPPLE JUICE Peach Cup Milk Chocolate Milk	5 Sausage Breakfast Pizza BB Bagel & Cream Chee Chocolate Chip Muffin String Cheese Apple Juice Diced Pears Milk Chocolate Milk	6 Biscuit & Sausage Sand C R Bagel & Cream Chee Cereal Orange Juice Raisin Box Milk Chocolate Milk	7 Maple Madness Waffles Cereal Muffin Top/String Chees Grape Juice Pineapple Milk Chocolate Milk Syrup	8 Cinnamon Roll & Cheese WW Bagel & Cream Chee Cereal Fruit Punch Juice Strawberries Milk Chocolate Milk
11 Churro, Apple Churros, Raspberry BB Bagel & Cream Chee Cereal PINEAPPLE JUICE Mixed Berries Milk Chocolate Milk	12 Tornado - Sausage Cereal Banana Muffin String Cheese Apple Juice Apricot Cup Milk Chocolate Milk Salsa	13 Sunrise Sandwich C R Bagel & Cream Chee Cereal Orange Juice Mixed Fruit Milk Chocolate Milk Mayonnaise packet	14 Pancake Pups Cereal Muffin Top/String Chees Grape Juice Applesauce Milk Chocolate Milk Syrup	15 Strawberry Pancakes WW Bagel & Cream Chee Cereal Fruit Punch Juice Raisin Box Milk Chocolate Milk Syrup
18 No School Today	19 Breakfast Bun & String Chocolate Chip Muffin String Cheese BB Bagel & Cream Chee Apple Juice Peaches Milk Chocolate Milk	20 Cinnamon Roll & Cheese BB Bagel & Cream Chee Cereal Orange Juice Diced Pears Milk Chocolate Milk	21 Blueberry Bash Waffles C R Bagel & Cream Chee Cereal Grape Juice Raisin Box Milk Chocolate Milk Syrup	22 Breakfast Burrito Banana Muffin String Cheese Cereal Fruit Punch Juice Strawberries Milk Chocolate Milk Salsa
25 Pancakes Muffin Top/String Chees Cereal Apple Juice Mixed Berries Milk Chocolate Milk Syrup	26 Tornado - Sausage WW Bagel & Cream Chee Cereal Orange Juice Apricot Cup Milk Chocolate Milk Salsa	27 Biscuit & Sausage Sand BB Bagel & Cream Chee Cereal Grape Juice Mixed Fruit Milk Chocolate Milk Mayonnaise packet	28 Churro, Apple Churros, Raspberry C R Bagel & Cream Chee Cereal Mixed Fruit Applesauce Milk Chocolate Milk	29 Sweet Roll,String Cheese Cereal Chocolate Chip Muffin Apple Juice Raisin Box Milk Chocolate Milk

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.