

Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 8 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Milk Choice	Jan. 9 Warm apple filled Breadstick with assorted Whole Grain Cereal Choice, 100% Fruit Juice Orange Smiles Milk Choice	Jan. 10 Assorted Warm Fruit muffins with a Hard Boiled Egg, 100% Fruit Juice, Assorted Fruit or Whole Grain Cereal Choice with Graham Crackers and Milk Choice	Jan. 11 Scrambled Egg with a Bagel or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice	Jan. 12 Egg, Ham and Cheese Bagel Sandwich or Whole Grain Cereal Choice with graham crackers, 100% Fruit Juice Choice, Fresh or Canned Fruit and Milk Choice
Jan. 15 MARTIN LUTHER KING DAY NO SCHOOL	Jan. 16 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL	Jan. 17 Whole Grain Pancakes with an Egg Patty, or Whole Grain Cereal choice with Goldfish Crackers, 100% Fruit Juice, Orange Smiles and Milk Choice	Jan. 18 Egg and Cheese Bagel sandwich or Whole Grain Cereal Choice with Teddy Bear Graham Crackers, 100% Fruit Juice, Fresh Apples and Milk Choice	Jan. 19 Scrambled eggs with a Warm Muffin or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Mixed Fruit Cup, and Milk Choice
Jan. 22 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Choice and Milk Choice	Jan. 23 Bagel Sandwich with Egg, Sausage and Cheese or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice	Jan. 24 Warm Apple filled Breadstick with Whole Grain Cereal Choice a Hard Boiled Egg, 100% Fruit Juice, Assorted Fruits, and Milk Choice	Jan. 25 Breakfast Pizza or Whole Grain Cereal Choice, ABC Crackers, 100%Fruit Juice, Orange Smiles and Milk Choice	Jan. 26 Scrambled Egg with a Whole Grain Bagel or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Fruit Options and Milk Choice
Jan. 29 Cereal Kit: Cereal Choice Additional Grain 100% fruit juice Add Another Fruit Milk Choice	Jan. 30 Breakfast Pizza or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice Choice, Assorted Fruits and Milk Choice	Jan. 31 Whole Grain Pancakes with an Egg Patty or Whole Grain Cereal Choice w/Graham Crackers	Feb. 1 Ham, egg & cheese warm bagel sandwich or Whole Grain Cereal Choice w/ Chocolate Teddy Bear Grahams Assorted Fruit Choice 100% Fruit Juice Milk Choice	Feb. 2 Warm assorted Fruit Muffins with a Mozzarella String Cheese Stick or Whole Grain Cereal Choice w/Goldfish Crackers Orange Smiles 100% Fruit Juice Milk Choice
Feb. 5 Cereal Kit: Cereal Choice Additional Grain 100% Fruit Juice Add Another Fruit Milk Choice	Feb. 6 Assorted Warm Fruit Muffin with a Hard Boiled Egg or Mozzarella String Cheese Stick, 100% Fruit Juice, Fresh Apples and Milk Choice	Feb. 7 Warm bagel with Cream Cheese, Whole Grain Cereal Choice, 100% Fruit Juice, Fresh or Canned Fruit, Milk Choice	Feb. 8 Egg and Cheese Bagel Sandwich or Whole Grain Cereal Choice with Gold Fish Crackers, 100% Fruit Juice, Assorted Fruit Options and Milk Choice	Feb. 9 Assorted Yogurts with Granola or Whole Grain Cereal Choice, 100% Fruit Juice, Assorted Fruit Option and Milk Choice

All juice drinks are 100% fruit juice, whole grain cereal is offered daily.

This menu is subject to change without notice. Please remember applications for Free and Reduced Program is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning.

NO PREPAYMENTS Will BE ACCEPTED DURING LUNCH

Offered daily - Apples, Oranges, Raisins, Craisins, along with daily fruit choice. Milk Choice Options include Half Pint 1%, Fat Free Chocolate, Skim and Lactaid