

PCHS & PCMS JANUARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
5 BAGEL W/CREAM CHEESE OR BOWL OF CEREAL JUICE MILK	6 MUFFIN OR BOWL OF CEREAL PARFAIT JUICE MILK	7 GOLDFISH OR BOWL OF CEREAL CHEESE STICK JUICE MILK	8 NUTRI GRAIN BAR OR BOWL OF CEREAL YOGURT JUICE MILK	9 GRANOLA BAR OR BOWL OF CEREAL GOGURT JUICE MILK
12 BAGEL W/CREAM CHEESE OR BOWL OF CEREAL JUICE MILK	13 MUFFIN OR BOWL OF CEREAL PARFAIT JUICE MILK	14 GOLDFISH OR BOWL OF CEREAL CHEESE STICK JUICE MILK	15 NUTRI GRAIN BAR OR BOWL OF CEREAL YOGURT JUICE MILK	16 GRANOLA BAR OR BOWL OF CEREAL GOGURT JUICE MILK
19 HOLIDAY MARTIN LUTHER KING	20 MUFFIN OR BOWL OF CEREAL PARFAIT JUICE MILK	21 GOLDFISH OR BOWL OF CEREAL CHEESE STICK JUICE MILK	22 NUTRI GRAIN BAR OR BOWL OF CEREAL YOGURT JUICE MILK	23 GRANOLA BAR OR BOWL OF CEREAL GOGURT JUICE MILK
26 BAGEL W/CREAM CHEESE OR BOWL OF CEREAL JUICE MILK	27 MUFFIN OR BOWL OF CEREAL PARFAIT JUICE MILK	28 GOLDFISH OR BOWL OF CEREAL CHEESE STICK JUICE MILK	29 NUTRI GRAIN BAR OR BOWL OF CEREAL YOGURT JUICE MILK	30 GRANOLA BAR OR BOWL OF CEREAL GOGURT JUICE MILK

ALL MENUS ARE SUBJECT TO CHANGE

ALL MEALS INCLUDE AN 8 OZ MILK