

Alief Montessori Community School

January 2021 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 Winter Break
Jan - 4 Staff Development Day	Jan - 5 Banana Muffin Peaches Grape Juice Milk, 1% or Fat Free	Jan - 6 Cheese Sandwich Mixed Fruit Apple Juice Milk, 1% or Fat Free	Jan - 7 Blueberry Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Jan - 8 Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free
Jan - 11 Sausage Croissant sandwich Peaches Grape Juice Milk, 1% or Fat Free	Jan - 12 Strawberry Bagels Mixed Fruit Apple Juice Milk, 1% or Fat Free	Jan - 13 Chocolate Chips Muffin Peaches Orange Juice Milk, 1% or Fat Free	Jan - 14 Cheese Sandwich Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Jan - 15 Cheerios W/Grain Peaches Grape Juice Milk, 1% or Fat Free
Jan - 18 Martin Luther King Holiday	Jan - 19 Apple Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Jan - 20 Strawberry Bagels Peaches Orange Juice Milk, 1% or Fat Free	Jan - 21 Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Jan - 22 Cinnamon Frosted Flakes Applesauce Grape Juice Milk, 1% or Fat Free
Jan - 25 Sausage Croissant sandwich Peaches Apple Juice Milk, 1% or Fat Free	Jan - 26 Banana Muffin Mixed Fruit Orange Juice Milk, 1% or Fat Free	Jan - 27 Strawberry Bagels Peaches Fruit Punch Milk, 1% or Fat Free	Jan - 28 Chocolate Chips Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Jan - 29 Cheerios W/Grain Peaches Grape Juice Milk, 1% or Fat Free

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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Mail: U.S. Department of Agriculture
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1400 Independence Avenue, SW
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Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

**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.