

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

January 2018 PSA K-12 Healthy Hot/Cold Quick Breakfast

Week 2	Monday, January 1, 2018	Tuesday, January 2, 2018	Wednesday, January 3, 2018	Thursday, January 4, 2018	Friday, January 5, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Tasty Toast (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>GNB Large Breakfast Brekkie (3 oz =2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>GNB Assorted Breakfast Bread (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Burrito (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 3	Monday, January 8, 2018	Tuesday, January 9, 2018	Wednesday, January 10, 2018	Thursday, January 11, 2018	Friday, January 12, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Ham, Egg &amp; Cheese Croissant (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Pizza (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice Large Muffin (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Pancake on a Stick (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 4	Monday, January 15, 2018	Tuesday, January 16, 2018	Wednesday, January 17, 2018	Thursday, January 18, 2018	Friday, January 19, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Pizza (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Pancakes &amp; Syrup (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice GNB Breakfast Bread (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Egg &amp; Cheese English Muffin (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 5	Monday, January 22, 2018	Tuesday, January 23, 2018	Wednesday, January 24, 2018	Thursday, January 25, 2018	Friday, January 26, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>BC Ham &amp; Cheese Croissant (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice Muffin (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>WG Strawberry Pop Tart (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Tasty Toast (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 6	Monday, January 29, 2018	Tuesday, January 30, 2018	Wednesday, January 31, 2018	Thursday, February 1, 2018	Friday, February 2, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Tasty Toast (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>GNB Breakfast Brekkie (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)		
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily		

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily