



MOTSD IN-PERSON BREAKFAST

JAN 2021

MONDAY

For a limited time, as per USDA guidance, all meals will be provided at no charge

TUESDAY

What is a Breakfast?

- Grain and/or Protein
- Fruit or Vegetable
- Milk

Milk Selection

- 1% white
- Fat-Free white
- Fat-Free Chocolate

WEDNESDAY

Alternative Breakfast Choices Offered Daily

- Assorted Cereal
- Assorted Muffins
- Fresh Bagel
- Graham Crackers
- String Cheese

THURSDAY

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FRIDAY

HAPPY NEW YEAR!

1

All breakfast items are whole grain and reduced sugar

NO IN-PERSON SCHOOL

4

NO IN-PERSON SCHOOL

5

NO IN-PERSON SCHOOL

6

NO IN-PERSON SCHOOL

7

NO IN-PERSON SCHOOL

8

Frosted Flakes Cereal
Graham Cracker
Fruit Juice
Milk

11

Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

12

Fudge Pop Tart
Graham Cracker
Fruit Juice
Milk

13

Trix Cereal Bar
Graham Cracker
Fruit Juice
Milk

14

Cinni Minis
Graham Cracker
Fruit Juice
Milk

15

NO SCHOOL

18

Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

19

Fudge Pop Tart
Graham Cracker
Fruit Juice
Milk

20

Trix Cereal Bowl
Graham Cracker
Fruit Juice
Milk

21

Golden Grahams Bar
Graham Cracker
Fruit Juice
Milk

22

Cinnamon Toast Crunch
Cereal Bowl
Graham Cracker
Fruit Juice
Milk

25

Confetti Mini Pancakes
Fruit Juice
Milk

26

Cinnamon Pop Tart
Graham Cracker
Fruit Juice
Milk

27

Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

28

Cinni Minis
Graham Cracker
Fruit Juice
Milk

29

Menu subject to change

This institution is an equal opportunity provider.