



JANUARY

MAYA ANGELOU HIGH SCHOOL BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	CINNAMON CHEX ^ Maple Breakfast Square ^ Craisins Orange Juice Choice of Milk	CORN MUFFIN ^ Diced Peaches Fresh Banana Assorted Jelly Choice of Milk	FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple Choice of Milk
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
MULTI GRAIN CHEERIOS^ Maple Breakfast Square ^ Craisins Mixed Fruit Cup Choice of Milk	ENGLISH MUFFIN ^ Diced Peaches Grape Juice Assorted Jelly Choice of Milk	COCOA PUFFS ^ Animal Grahams ^ Diced Pears Fresh Banana Choice of Milk	MOZZARELLA CHEESE STICK Banana Muffin ^ Fresh Apple Choice of Milk	PLAIN BAGEL ^ Cream Cheese Pineapple Cup Fresh Orange Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
RASPBERRY YOGURT Granola ^ Craisins Diced Peaches Choice of Milk	TRIX ^ Graham Crackers ^ Diced Pears Blended Fruit Juice Choice of Milk	MOZZARELLA CHEESE STICK Lemon Mini Loaf ^ Fresh Apple Choice of Milk	PEACH LOAF ^ Fresh Orange Pineapple Cup Choice of Milk	NO SCHOOL
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Craisins Diced Pears Choice of Milk	PUMPKIN LOAF^ Mozzarella Cheese Stick Fresh Orange Choice of Milk Mixed Fruit Cup	ENGLISH MUFFIN ^ Fresh Banana Pineapple Cup Assorted Jelly Choice of Milk	VANILLA YOGURT Blueberry Muffin ^ Fresh Apple Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
MOZZARELLA CHEESE STICK Corn Muffin ^ Craisins Diced Pears Choice of Milk	PLAIN BAGEL ^ Cream Cheese Pineapple Tidbits Blended Fruit Juice Choice of Milk	FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Banana Diced Peaches Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-01-2019	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-02-2019	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-03-2019	CORN MUFFIN ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-04-2019	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-07-2019	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-08-2019	ENGLISH MUFFIN ^	130	1	0	0	0	270	24	4	1	5	30	0	100	2	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-09-2019	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-10-2019	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Banana Muffin ^	166	6	0	0	0	180	27	2	8	3	1	3	22	1	G/B:1.25sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-11-2019	PLAIN BAGEL ^	180	2	0	0	0	250	35	3	2	7	0	15	40	2	G/B:2sv WG
	Cream Cheese	70	6	4	0	20	95	2	0	1	2	40	0	40	0	MMA:0.5oz
	Pineapple Cup	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-14-2019	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-15-2019	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-16-2019	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Lemon Mini Loaf ^	127	3	0	0	0	183	25	1	10	2	0	0	41	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2019	PEACH LOAF ^	243	8	1	0	0	321	42	3	13	4	0	1	55	1	G/B:2sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Pineapple Cup	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-18-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2019	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-22-2019	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-23-2019	PUMPKIN LOAF^	156	4	0	0	0	208	29	2	15	2	191	0	34	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-24-2019	ENGLISH MUFFIN ^	130	1	0	0	0	270	24	4	1	5	30	0	100	2	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Pineapple Cup	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-25-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Blueberry Muffin ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-28-2019	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-29-2019	PLAIN BAGEL ^	180	2	0	0	0	250	35	3	2	7	0	15	40	2	G/B:2sv WG
	Cream Cheese	70	6	4	0	20	95	2	0	1	2	40	0	40	0	MMA:0.5oz
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-30-2019	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2019	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: MAYA ANGELOU HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-01-2019	HOLIDAY BREAK								
01-02-2019	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							
01-03-2019	CORN MUFFIN ^								X
	Diced Peaches								
	Fresh Banana								
	Assorted Jelly								
	Choice of Milk	X							
01-04-2019	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-07-2019	MULTI GRAIN CHEERIOS^								
	Maple Breakfast Square ^		X					X	X
	Craisins								
	Mixed Fruit Cup								
	Choice of Milk	X							
01-08-2019	ENGLISH MUFFIN ^							X	X
	Diced Peaches								
	Grape Juice								
	Assorted Jelly								
	Choice of Milk	X							
01-09-2019	COCOA PUFFS ^								
	Animal Grahams ^	X	X					X	X
	Diced Pears								
	Fresh Banana								
	Choice of Milk	X							
01-10-2019	MOZZARELLA CHEESE STICK	X							
	Banana Muffin ^								X
	Fresh Apple								
	Choice of Milk	X							

Allergen Information: MAYA ANGELOU HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-24-2019	ENGLISH MUFFIN ^							X	X
	Fresh Banana								
	Pineapple Cup								
	Assorted Jelly								
	Choice of Milk	X							
01-25-2019	VANILLA YOGURT	X							
	Blueberry Muffin ^								X
	Fresh Apple								
	Choice of Milk	X							
01-28-2019	MOZZARELLA CHEESE STICK	X							
	Corn Muffin ^								X
	Craisins								
	Diced Pears								
	Choice of Milk	X							
01-29-2019	PLAIN BAGEL ^							X	X
	Cream Cheese	X							
	Pineapple Tidbits								
	Blended Fruit Juice								
	Choice of Milk	X							
01-30-2019	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-31-2019	STRAWBERRY YOGURT	X							
	Granola ^								
	Fresh Banana								
	Diced Peaches								
	Choice of Milk	X							