



Don't forget to eat your vegetables.

# Central Intermediate Breakfast Menu

January 2018

## MONDAY

New Year's Day

1

No School

## TUESDAY

No School

2

No School

## WEDNESDAY

Banana Chocolate Loaf

3

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

## THURSDAY

Cinnamon Roll

4

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk  
Skim Milk

## FRIDAY

Brekkie

5

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Blueberry Muffin  
Cheese Stick

8

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk  
Skim Milk

Apple Bosco Stick

9

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk  
Skim Milk

Cinnamon Roll

10

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Banana Chocolate Loaf

11

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk  
Skim Milk

Mini Eggo Waffles

12

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Mini Bagel  
Strawberry Cream Cheese

15

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk  
Skim Milk

French Toast Loaf

16

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk  
Skim Milk

Mini Pancakes

17

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Mini French Toast

18

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk  
Skim Milk

NO SCHOOL

19

No School

NO SCHOOL

22

No School

Chocolate Chip Muffin  
Cheese Stick

23

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk  
Skim Milk

Banana Chocolate Loaf

24

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Brekkie

25

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice  
1% Milk  
Skim Milk

Blueberry Loaf

26

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk

Cinnamon Roll

29

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit  
1% Milk  
Skim Milk

Mini Eggo Waffles

30

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice  
1% Milk  
Skim Milk

Apple Bosco Stick

31

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit  
1% Milk  
Skim Milk



## PRICES

Regular	\$1.40
Reduced	Free
Adult	\$2.15

## HARVEST OF THE MONTH



## EXTRA INFO

Milk choice of 1% and Skim White or Chocolate Skim is included with breakfast.  
For questions or comments, contact the Food Service Director at: karabpat@rhinelander.k12.wi.us or call 715-365-9547

