



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!	2 Winter Break	3 Winter Break	4 Winter Break A variety of cereal is offered each day.
7 Ham & Cheese Bagel Sandwich Fruit Choice Juice Choice	8 Cinnamon Apple French Toast Fruit Choice Juice Choice	9 Breakfast Pizza Fruit Choice Juice Choice	10 Strawberry Yogurt Parfait w/ Granola Fruit Choice Juice Choice	11 Bagel & Cream Cheese Fruit Choice Juice Choice
14 Pancake Sausage on a Stick Fruit Choice Juice Choice	15 Egg & Cheese Breakfast Burrito Fruit Choice Juice Choice	16 French Toast w/ Syrup Fruit Choice Juice Choice	17 Sausage & Cheese Bagel Sandwich Fruit Choice Juice Choice	18 No School
21 Pancakes w/ Syrup Fruit Choice Juice Choice	22 Potato & Egg Breakfast Bowl Fruit Choice Juice Choice	23 Bagel & Cream Cheese Fruit Choice Juice Choice	24 Egg & Cheese Muffinwhich Fruit Choice Juice Choice	25 Breakfast Pizza Fruit Choice Juice Choice
28 Breakfast Muffin String Cheese Fruit Choice Juice Choice	29 Denver Muffinwhich Fruit Choice Juice Choice	30 Egg & Cheese Breakfast Burrito Fruit Choice Juice Choice	31 Country Ham Strata w/ Toast Fruit Choice Juice Choice	 Choose MyPlate .gov

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at Okoboji@aviands.com or call 712-338-2446