

# NEWTON COMMUNITY SCHOOLS

## BREAKFAST MENU

### JANUARY 2022



Milk Served with all Meals

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <br>3 | *Cereal/String Cheese<br>Applesauce<br>100% Juice<br>Milk<br>4                       | *UBR<br>Pear Slices<br>100% Juice<br>Milk<br>5                   | *Cinni Mini<br>Mixed Berry Cup<br>100% Juice<br>Milk<br>6              | Egg Omelet *Wrap<br>Raisins<br>100% Juice<br>Milk<br>7      |
| HAPPY MONDAY<br><br>NO SCHOOL<br>10   | *Nutri Grain Bar/Yogurt<br>Mixed Fruit<br>100% Juice<br>Milk<br>11                   | *Pizza Boat<br>Peaches<br>100% Juice<br>Milk<br>12               | Scrambled Eggs/*Toast<br>Banana<br>100% Juice<br>Milk<br>13            | *Long John<br>Cantaloupe/Grapes<br>100% Juice<br>Milk<br>14 |
| *Cereal/*Toast<br>Dried Cranberries<br>100% Juice<br>Milk<br>17                       | *Cereal Bar/Yogurt<br>Strawberries<br>100% Juice<br>Milk<br>18                       | Egg/Ham/Cheese on<br>*Bagel<br>Pears<br>100% Juice<br>Milk<br>19 | Mini Pancake *Wrap<br>Syrup<br>Mixed Fruit<br>100% Juice<br>Milk<br>20 | *Cinnamon Roll<br>Applesauce<br>100% Juice<br>Milk<br>21    |
| *Cereal/*Toast<br>Raisins<br>100% Apple Juice<br>Milk<br>24                           | *Lemon Berry Snack<br>Yogurt<br>Mixed Berry Cup<br>100% Juice<br>Milk<br>25          | *Frudel<br>Peaches<br>100% Juice<br>Milk<br>26                   | Cherry *Muffins<br>Orange Slices<br>100% Juice<br>Milk<br>27           | *Breakfast Pizza<br>Pineapple<br>100% Juice<br>Milk<br>28   |
| *Cereal/*Toast<br>Mixed Fruit<br>100% Juice<br>Milk<br>31                             |  |  |  |   |

#### One FREE Lunch Meal & One FREE Breakfast Meal-Enrolled Students

Free/Reduced Lunch Applications-may fill out for FEE waivers or P-EBT

High School/WEST-100% Juice offered Daily with Lunch

\*WG Item

#Menu may change without notice

**Lunch (K-12) All Students Free**  
**1 Free Lunch Daily**

Adult Lunch-\$3.95

#### Daily Alternate Main Entree -(k-4)

\*Cereal/\*Toast

Alternate Entrees Daily (5-12)



**Breakfast (K-12) All Students Free**  
**1 Free Breakfast**

Adult Breakfast-\$1.75

"This institution is an equal opportunity provider and employer"

Menu Prepared By: Cristy Croson-BA, SNS FS Supervisor

641-792-5797 ext. 2001  
[crosonc@newtoncsd.org](mailto:crosonc@newtoncsd.org)