

HOUSTON GATEWAY ACADEMY

JANUARY BREAKFAST

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| December 27, 2021   | December 28, 2021  | December 29, 2021  | December 30, 2021   | December 31, 2021   |
|   |  |  |   |   |
| January 3, 2022   | January 4, 2022  | January 5, 2022  | January 6, 2022   | January 7, 2022   |
| CINNAMON TOAST CRUNCH ^<br>Vanilla Waffle Square<br>Dried Cranberries<br>Grape Juice<br>Choice of Milk          | TURKEY HAM & CHEESE<br>ON ENGLISH MUFFIN ^<br>Diced Peaches<br>Orange Juice<br>Choice of Milk    | DOUBLE CHOCOLATE<br>MINI MUFFIN ^<br>Mozzarella Cheese Stick<br>Cinnamon Applesauce<br>Blended Fruit Juice<br>Choice of Milk | MAPLE PANCAKES ^<br>Diced Peaches<br>Apple-Cranberry Juice<br>Choice of Milk                  | *NEW ITEM*<br>POWDERED DONUT^<br>Cinnamon Applesauce<br>Grape Juice<br>Choice of Milk |
| January 10, 2022  | January 11, 2022   | January 12, 2022   | January 13, 2022  | January 14, 2022  |
| FROSTED CORN FLAKES ^<br>Cherry Breakfast Bar ^<br>Dried Cranberries<br>Orange Juice<br>Choice of Milk          | BEEF SAUSAGE SLIDER ^<br>Diced Peaches<br>Grape Juice<br>Grape Jelly<br>Choice of Milk           | RICE CHEX^<br>Graham Crackers ^<br>Fresh Apple<br>Choice of Milk   | CINNAMON TOAST CRUNCH<br>FILLED BAR^<br>Fresh Banana<br>Blended Fruit Juice<br>Choice of Milk | BLUEBERRY MINI MUFFIN ^<br>Mozzarella Cheese Stick<br>Fresh Apple<br>Choice of Milk   |
| January 17, 2022  | January 18, 2022   | January 19, 2022   | January 20, 2022  | January 21, 2022  |
| NO SCHOOL   | TRIX ^<br>Maple Breakfast Square ^<br>Dried Cranberries<br>Blended Fruit Juice<br>Choice of Milk | BANANA MINI MUFFIN ^<br>Mozzarella Cheese Stick<br>Fresh Apple<br>Choice of Milk   | CHICKEN BISCUIT ^<br>Fresh Banana<br>Grape Juice<br>Honey<br>Choice of Milk                   | GOLDEN GRAHAM CEREAL ^<br>Vanilla Waffle Square ^<br>Fresh Apple<br>Choice of Milk    |
| January 24, 2022  | January 25, 2022   | January 26, 2022   | January 27, 2022  | January 28, 2022  |
| COCOA PUFFS ^<br>Strawberry<br>Pancake Square ^<br>Dried Cranberries<br>Apple-Cranberry Juice<br>Choice of Milk | CHERRY FRUDEL^<br>Diced Peaches<br>Blended Fruit Juice<br>Choice of Milk                         | DOUBLE CHOCOLATE<br>MINI MUFFIN ^<br>Mozzarella Cheese Stick<br>Fresh Apple<br>Choice of Milk                                | TURKEY HAM & CHEESE<br>ON ENGLISH MUFFIN ^<br>Fresh Banana<br>Orange Juice<br>Choice of Milk  | STRAWBERRY YOGURT<br>Granola ^<br>Fresh Apple<br>Choice of Milk                       |
| January 31, 2022  | February 1, 2022   | February 2, 2022   | February 3, 2022  | February 4, 2022  |
| APPLE CINNAMON<br>CHEERIOS ^<br>Graham Crackers ^<br>Dried Cranberries<br>Orange Juice<br>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

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