



Food Zone

January Howland Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Mini Waffles Fresh Fruit Juice and Milk	8 French Toast Fresh Fruit Juice and Milk	9 Whole Grain Cereal Fresh Fruit Juice and Milk	10 Fruit Muffin Fresh Fruit Juice and Milk	11 Cereal Bar Fresh Fruit Juice and Milk
14 Mini Waffles Fresh Fruit Juice and Milk	15 French Toast Fresh Fruit Juice and Milk	16 Whole Grain Cereal Fresh Fruit Juice and Milk	17 Fruit Muffin Fresh Fruit Juice and Milk	18 Cereal Bar Fresh Fruit Juice and Milk
21 No School	22 French Toast Fresh Fruit Juice and Milk	23 Whole Grain Cereal Fresh Fruit Juice and Milk	24 Fruit Muffin Fresh Fruit Juice and Milk	25 Cereal Bar Fresh Fruit Juice and Milk
28 Mini Waffles Fresh Fruit Juice and Milk	29 French Toast Fresh Fruit Juice and Milk	30 Whole Grain Cereal Fresh Fruit Juice and Milk	31 Fruit Muffin Fresh Fruit Juice and Milk	

Menu Subject to Change

Fruit: Banana, Orange, Apple
Milk: 1% White, Chocolate
Juice: Apple, Orange