



January 2010



HOOVER SCHRUM SCHOOL DIST. 157

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 CORN POPS Glazed Donut Apple Juice	6 TOTAL RAISIN BRAN Sliced Bagel Grape Juice	7 FROSTED FLAKES (LOW SUGAR) Apple Granola Square Apple Juice	8 BLUEBERRY MUFFIN Blended Fruit Juice
11 MAPLE EGGO CRUNCH WHOLE GRAIN Strawberry Pop Tart Grape Juice	12 APPLE MUFFIN Orange Juice	13 MINI WHEATS LITTLE BITES Blueberry Bagel Apple Cranberry Juice	14 	15
18 Martin Luther King Jr. Observed 	19 COCOA KRISPIES Apple Granola Square Blended Fruit Juice	20 BANANA MUFFIN Orange Pineapple Juice	21 FRUIT LOOPS (WHOLE GRAIN) Cinnamon Breakfast Square Apple Cranberry Juice	22 FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Bun Superstix Grape Juice
25 APPLE JACKS (WHOLE GRAIN) Glazed Donut Orange Juice	26 TOTAL RAISIN BRAN Unfrosted Strawberry Pop Tart Grape Juice	27 CORN POPS Sliced Bagel Apple Cranberry Juice	28 CRISPIX Strawberry Waffle Cracker Apple Juice	29 BLUEBERRY MUFFIN Grape Juice

***ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. *MENU SUBJECT TO CHANGE.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.