



LEAP-ACADEMY CHARTER SCHOOL-JANUARY- BREAKFAST- MENU' 2020



THURSDAY 2-JAN		FRIDAY 3-JAN		
EGGS HAM AND CHEESE ON WG CROISSANT OR		SCRAMBLE EGGS W/ TOAST OR		
ASSORTED CEREAL		ASSORTED CEREAL		
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK		ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK		
6-JAN	7-JAN	8-JAN	9-JAN	10-JAN
CREAM OF WHEAT OR	CHEESE OMELETTE WHOLE GRAIN BREAD OR	OAT-MEALW/BANANA OR	TURKEY SAUSAGE AND WG PANCAKE W/ SYRUP	WG FRENCH TOAST STICKS W/ SYRUP
ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
13-JAN	14-JAN	15-JAN	16-JAN	17-JAN
WG FRENCH TOAST STICKS W/ SYRUP OR	EGO MINI PANCAKE OR	YOGURT W/ FRESH FRUIT OR	CHEESE OMELETTE ON WG BUN OR	NO SCHOOL P.D.I
ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	
20-JAN	21-JAN	22-JAN	23-JAN	24-JAN
M.L.KING-DAY SCHOOO CLOSED	PANCAKE WITH SYRUP OR	EGGS HAM AND CHEESE ON WG CROISSANT OR	TURKEY SAUSAGE AND WG PANCAKE W/ SYRUP OR	CHEESE OMELETTE ON WG BUN OR
	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL
	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
27-Jan	28-Jan	28-JAN	29-JAN	30-JAN
TURKEY SAUSAGE AND WG PANCAKE W/ SYRUP OR	EGO MINI PANCAKE OR	CHOCOLATE CHIPS WHOLE GRAIN BREAD OR	YOGURT W/ FRESH FRUIT	WG FRENCH TOAST STICKS W/ SYRUP OR
ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK

What is a Meal?

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

A minimum of 1/2 cup serving of fruit or
A minimum of 1/2 cup serving of fruit or
accompany a reimbursable lunch!

DAILY ENTRÉE OPTIONS MAY INCLUDE:

**Cheese Burger
on a Bun**

**Whole Grain Chicken Patty
on a Bun
Chicken Salad**

**Chopped Garden Salad
Crispy Chicken Wrap
Spicy Chicken Wrap**

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Goodbye
January