

**NOGALES UNIFIED SCHOOL DISTRICT #1
BREAKFAST IN THE CLASSROOM MENU
JANUARY 2019**

Start your Day with Breakfast






Breakfast provides the body and brain with fuel after an overnight fast - that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no gasoline.



Safeway is committed to providing healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liffaffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS</p> 	<p>ALL FRESH FRUIT IS A CLEAN PRODUCT</p> <p>WE SERVE FRUIT WITH ALL MEALS</p> 	<p><i>Happy New Year!</i></p>		
7 Cereal w/ Crackers	8 Chocolate Chip Breakfast Round	9 Trix Raspberry Rainbow Yogurt, Cracker & String Cheese	10 Pastry w/ String Cheese	11 Poptart
14 Blueberry Muffin w/ String Cheese	15 Breakfast Pizza	16 Mini Cinnis	17 Breakfast on a Stick	18 Apple Frudel
21 	22 Strawberry Mini Bagel	23 Apple Muffin w/ String Cheese	24 Chocolate Chip Breakfast Round	25 Egg & Sausage Muffin
28 Cherry Frudel	29 Whole Grain Mini Pancakes	30 Cereal w/ Crackers	31 Bagel Cinnamon Mini	



**Polar Bear
YOGURT SNACK**

INGREDIENTS:

- Vanilla Yogurt
- Banana Slices
- Blueberries

“This institution is an equal opportunity provider.”



Menu subject to change without notice
**Product contains pork
Any Questions Please Call Central Kitchen: (520) 377-9175