

# K-12 Breakfast Menu

# January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**HOPE COMMUNITY**  
CHARTER SCHOOL • CAMDEN, NJ

**DID YOU KNOW.....**

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

**Breakfast Milk Choices**

1% Milk Skim Milk

**PLEASE NOTE**

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.



<p><b>9</b> Cherry Cocoa Bar <sup>v</sup> Cranberries 100% Fruit Juice</p>	<p><b>10</b> Raspberry Yogurt <sup>v</sup> Graham Crackers Diced Pineapple 100% Apple Juice</p>	<p><b>11</b> Strawberry Shredded Wheat <sup>v</sup> Graham Crackers Diced Peaches 100% Grape Juice</p>	<p><b>5</b> Blueberry Shredded Wheat <sup>v</sup> Graham Crackers Applesauce 100% Orange Juice</p>	<p><b>6</b> Cinnamon Crisp Bar <sup>v</sup> Fresh Banana 100% Pineapple Juice</p>
<p><b>16</b> <b>MLK DAY</b>-no school</p>	<p><b>17</b> Strawberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice</p>	<p><b>18</b> Multi-Grain Cinnamon Flakes Graham Crackers Diced Peaches 100% Grape Juice</p>	<p><b>12</b> Plain Bagel <sup>v</sup> w/ Cream Cheese Applesauce 100% Orange Juice</p>	<p><b>13</b> Multi-Grain Cinnamon Flakes <sup>v</sup> Graham Crackers Fresh Banana 100% Pineapple Juice</p>
<p><b>23</b> Multi-Grain Cheerios <sup>v</sup> Graham Crackers Cranberries 100% Fruit Juice</p>	<p><b>24</b> Raspberry Yogurt <sup>v</sup> Graham Crackers Diced Pineapple 100% Apple Juice</p>	<p><b>25</b> Cinnamon Raisin <sup>v</sup> Bagel w/ Butter Diced Peaches 100% Grape Juice</p>	<p><b>19</b> Plain Bagel w/ Cream Cheese Applesauce 100% Orange Juice</p>	<p><b>20</b> Blueberry Muffin Fresh Banana 100% Pineapple Juice</p>
<p><b>30</b> Multi-Grain Frosted Flakes <sup>v</sup> Graham Crackers Cranberries 100% Fruit Juice</p>	<p><b>31</b> Strawberry Yogurt <sup>v</sup> Graham Crackers Diced Pineapple 100% Apple Juice</p>	<p><b>26</b> Honey Bunches of Oats <sup>v</sup> Graham Crackers Applesauce 100% Orange Juice</p>	<p><b>27</b> Cherry Cocoa Bar <sup>v</sup> Fresh Banana 100% Pineapple Juice</p>	

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