



Mater Dolorosa Breakfast Menu

JAN 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Apple Cinnamon Nutrigrain Bar

String Cheese

Raisins
100% Juice

4

Cherry Frudel Stick

Whole Grain Cracker

Fresh Fruit
100% Juice

5

Maple Mini Waffles

String Cheese

Fresh Fruit
100% Juice

6

Confetti Pancakes

Whole Grain Cracker

Fresh Fruit
100% Juice

7

Strawberry Yogurt

Graham Crackers

Fresh Fruit
100% Juice



10

Pull Apart Mini Cinnis

String Cheese

Watermelon Craisins
100% Juice

11

Apple Cinnamon Muffin

Whole Grain Cracker

Fresh Fruit
100% Juice

12

French Toast Bites

String Cheese

Fresh Fruit
100% Juice

13

Yogurt

Graham Crackers

Fresh Fruit
100% Juice

14

Blueberry Bash Mini Waffles

String Cheese

Fresh Fruit
100% Juice



17

NO SCHOOL

18

Strawberry Toaster Pastry

String Cheese

Fresh Fruit
100% Juice

19

Plain Bagel with Cream Cheese

Whole Grain Cracker

Fresh Fruit
100% Juice

20

Banana Muffin

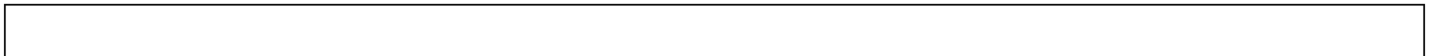
String Cheese
Fresh Fruit
100% Juice

21

Apple Frudel Stick

String Cheese

Fresh Fruit
100% Juice



24

Blueberry Muffin

String Cheese

Raisins
100% Juice

25

Banana Ultra Bread

String Cheese

Fresh Fruit
100% Juice

26

Strawberry Mini Bagels

Whole Grain Cracker

Fresh Fruit
100% Juice

27

Double Chip Muffin

String Cheese

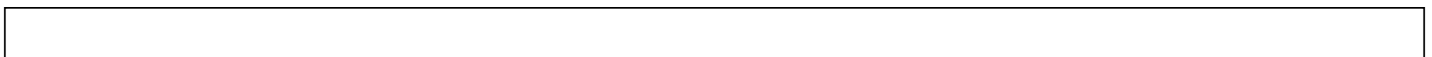
Fresh Fruit
100% Juice

28

Strawberry Nutrigrain Bar

Whole Grain Cracker

Fresh Fruit
100% Juice



31

Apple Cinnamon Muffin

String Cheese

Cherry Craisins
100% Juice

1% and Fat Free Flavored Milk Offered Daily

This institution is an equal opportunity provider.

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