



# BREAKFAST @SCHOOL

For first-class learning!

Sherman & Vollmer Breakfast Menu

Featuring  
Healthy Fruits  
& Grains!

**BREAKFAST MENU  
FOR JANUARY 2019**

*This institution is an equal opportunity provider and employer.*



Wednesday, January 2

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)

Thursday, January 3

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Sausage & Pancake  
**Wrap**  
(2 grains)

Friday, January 4

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini  
Cinis  
(2 grains)

## Available Daily

Choose 2 Items

Fruit Juice, Fresh Fruit or dished Fruit

**\*Must Choose 1 Fruit item**

Choose 1 Item

Milk: 1% White,

Fat Free White or Chocolate

Choose 2 Items

Bagelette, Muffin, Cereal,  
Yogurt or Cheese stick

Monday, January 7

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Pillsbury Pancake  
Baggie  
(2 grains)  
**WG Donut**  
(2 grains)

Tuesday, January 8

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Egg & Cheese  
Sandwich  
(2 grains)

Wednesday, January 9

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)

Thursday, January 10

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Sausage & Pancake  
**Wrap**  
(2 grains)

Friday, January 11

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini  
Cinis  
(2 grains)

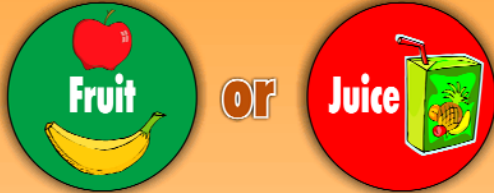
## Breakfast Bites!



*It's a popular breakfast choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as 2007, Greek yogurt accounted for less than 1% of all U.S. yogurt sales. Today, that figure is more than 50%!*

# First things First

To make a breakfast, choose at least one



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359-5388 or email: [kstetter@rhnet.org](mailto:kstetter@rhnet.org)

**Monday, January 14**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Pillsbury Pancake  
Baggie  
(2 grains)

**Tuesday, January 15**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, January 16**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)

**Thursday, January 17**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Sausage & Pancake  
Wrap  
(2 grains)

**Friday, January 18**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini  
Cinis  
(2 grains)

**Monday, January 21**

**MLK Holiday  
School Closed**



**Tuesday, January 22**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, January 23**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)

**Thursday, January 24**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Sausage & Pancake  
Wrap  
(2 grains)

**Friday, January 25**

Grading Day  
today



No School  
Today

**Monday, January 28**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Pillsbury Pancake  
Baggie  
(2 grains)

**Tuesday, January 29**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, January 30**

Hot Breakfast  
Entrée  
Choices

Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)

**Thursday, January 31**

Hot Breakfast  
Entrée  
Choices

Cheese Omelet  
(1 grain)

Sausage & Pancake  
Wrap  
(2 grains)



**JANUARY  
BIRTHDAYS**

Ellis Island (127) - Jan. 1  
Bradley Cooper (44) - Jan. 5  
Kate Middleton (36) - Jan. 9  
Dr. Martin Luther King - Jan. 15  
Drew Brees (39) - Jan. 15  
Michelle Obama (54) - Jan. 17

