



CHS Breakfast

# January 2018

## InSeason! Oranges

Oranges are an excellent source of Vitamin C and Dietary Fiber.



In addition, oranges are a good source of B Vitamins including Vitamin B1, Pantothenic Acid, and Folate as well as Vitamin A, Calcium, Copper and Potassium.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04 Chorizo Burrito Mini Donuts w/ yogurt Bagel w/ cream cheese	05 Bagel w/ cream cheese Cheese Omelet Chocolate Crumb Cake
08 Egg & Ham Muffin Pop-tarts w/ yogurt Bagel w/ cream cheese	09 Breakfast Pizza Cereal w/ granola Bar Bagel w/ cream cheese	10 Bagel w/ cream cheese Cinnamon Rolls Garden Egg White Muffin	11 Pancake Wrap Bagel w/ Cream cheese Breakfast Bun w/ yogurt	12 Bagel w/ cream cheese Yogurt Parfait Sausage Biscuit
15 MLK Day	16 Bagel w/ cream cheese Cheerios w/ muffin Pancakes w/ sausage	17 Bagel w/ cream cheese French Toast Oatmeal Chocolate Chip	18 Bagel w/ cream cheese Cheerios w/ blueberry muffin Scrambled eggs w/	19 Nutrigrain Bar Combo Egg & Cheese Biscuit Bagel w/ cream cheese
22 Cinnamon Rolls Sausage Egg Muffin Bagel w/ cream cheese	23 Bagel w/ cream cheese Breakfast sliders Nutrigrain Bar combo	24 Donuts w/ yogurt Chorizo Burrito Bagel w/ cream cheese	25 Egg & Ham Muffin Bagel w/ cream cheese Chocolate Crumb Cake	26 Bagel w/ cream cheese Coyote Breakfast Nutrigrain Bar combo
29 Breakfast Sliders Oatmeal Chip Bar Bagel w/ cream cheese	30 Chorizo Burrito Bagel w cream cheese	31 French Toast Pop-tarts w/ yogurt Bagel w/ cream cheese		

### Announcements

All menus are Subject to Change

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### Meal Prices

\$.30 reduced  
\$1.25 paid  
\$1.75 adult

Milk: \$.50  
Water: \$.75