

January 2019 OAKLAND INTERNATIONAL ACADEMY – High School

BREAKFAST



All meals meet USDA guidelines for a healthy school breakfast
 All Students **MUST** have a serving of Fruit for Breakfast!
 All Grains served are Whole Grain Rich.

All students are eligible for Free School Meals.
 Menu Choices are subject to change.
 This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

1
No School

2
No School

3
No School

4
No School

7
Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

8
Chocolate Chip Muffin
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

9
Bageler with Plain Cream Chee
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

10
Bar Cocoa Cherry
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

11
Egg & Cheese Wrap
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

14
French Toast Sticks
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

15
Mini Waffles
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

16
Bun Cinnamon Super Stix
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

17
Plain Bagel & Cream Cheese
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

18
Assorted Oatmeal Bars
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

21
No School

22
Blueberry Muffin
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

23
Cinnamon Roll
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

24
Bageler with Plain Cream Chee
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

25
Texas Apple Cinnamon Toast
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

28
Bar Cocoa Cherry
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

29
Banana Bread
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

30
Assorted Oatmeal Bars
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

31
Chocolate Chip Muffin
 Assorted Breakfast Cereal
 Assorted Breakfast Rounds
 Breakfast Bar & Crackers
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

