



# Carlisle Area Secondary Breakfast January



Happy New Year!



**What is a Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.  
  
Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
Choice of Milk - 1% white, chocolate  
  
You must take at least 1/2 cup of fruit or vegetable

**Whole Grain Cereal Selection May Include:**  
  
Cinnamon Toast Crunch  
Lucky Charms  
Cocoa Puffs  
Cheerios  
Apple Cinnamon Cheerios  
Frosted Flakes  
  
Served with Graham Crackers

**Other Grain Options May Include:**  
  
Mini Cinnis, Asst. Strudels, Asst. Muffins, Asst. Breads, Mini Pancakes, Mini Waffles, Mini Bagels, Mini French Toast

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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Monday	Tuesday	Wednesday	Thursday	Friday
		1/1/25	1/2/25	1/3/25
			Egg, Sausage, & Cheese Croissant	Breakfast Bowl
			Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
1/6/25	1/7/25	1/8/25	1/9/25	1/10/25
Waffle Breakfast Sandwich	French Toast Casserole	Chocolate Chip Baked Oatmeal	Egg, Philly Steak, & Cheese Bagel	Breakfast Burrito w/ Salsa
Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25
Breakfast Pizza	Tie Dye Donuts	Asst. Omelets & Muffins	Egg, Ham, & Cheese Croissant	NO SCHOOL
Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	
1/20/25	1/21/25	1/22/25	1/23/25	1/24/25
Dr. Martin Luther King Jr. Day  	French Toast Sticks w/ Syrup	Breakfast Banana Split	Egg, Bacon, & Cheese English Muffin	Breakfast Casserole
	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25
Pancake Breakfast Sandwich	Breakfast Pizza	Cinnamon Roll	Egg, Sausage, & Cheese Donut	Crispy Chicken Breakfast Bowl
Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk

**All Students Receive FREE Breakfast for School Year**

**Adult Breakfast \$2.85**

USDA is an equal opportunity provider and employer.