

**BREAKFAST**

**JANUARY 2021**  
Spaulding High School

Food Service Director: Monica Tolman  
802-479-2461  
Chef Manager: Tammy Cochrane  
802-476-6362

Note: MENU Subject to Creativity  
This institution is an equal opportunity provider.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Happy New Year!!**

**Option 1:** Blueberry Muffin **4**  
**Option 2:** Strawberry/Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** Breakfast Wrap: Egg, Cheese & Sausage

**Option 1:** Bagel w/Cream Cheese **5**  
**Option 2:** Peach & Yogurt Parfait w/ Granola  
**Option 3:** Croissant sandwich: Egg, Cheese & ham

**Remote:** Cinnamon Bun **6**  
Banana Milk

**Option 1:** Chocolate Muffin **7**  
**Option 2:** Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** English Muffin, Egg, Cheese & Sausage

**Option 1:** Donut **8**  
**Option 2:** Strawberry & Yogurt Parfait w/ Granola  
**Option 3:** Bagel, Egg, Bacon & Cheese

**Option 1:** Blueberry Muffin **11**  
**Option 2:** Strawberry/Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** Breakfast Sandwich

**Option 1:** Bagel w/Cream Cheese **12**  
**Option 2:** Peach & Yogurt Parfait w/ Granola  
**Option 3:** Croissant sandwich: Egg, Cheese & ham

**Remote:** Cinnamon Bun **13**  
Banana Milk

**Option 1:** Chocolate Muffin **14**  
**Option 2:** Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** English Muffin, Egg, Cheese & Sausage

**Option 1:** Donut **15**  
**Option 2:** Strawberry & Yogurt Parfait w/ Granola  
**Option 3:** Bagel, Egg, Bacon & Cheese

**NO SCHOOL** **18**

**Option 1:** Bagel w/Cream Cheese **19**  
**Option 2:** Peach & Yogurt Parfait w/ Granola  
**Option 3:** Croissant sandwich: Egg, Cheese & ham

**Remote:** Cinnamon Bun **20**  
Banana Milk

**Option 1:** Chocolate Muffin **21**  
**Option 2:** Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** English Muffin, Egg, Cheese & Sausage

**Option 1:** Donut **22**  
**Option 2:** Strawberry & Yogurt Parfait w/ Granola  
**Option 3:** Bagel, Egg, Bacon & Cheese

**Option 1:** Blueberry Muffin **25**  
**Option 2:** Strawberry/Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** Breakfast Sandwich

**Option 1:** Bagel w/Cream Cheese **26**  
**Option 2:** Peach & Yogurt Parfait w/ Granola  
**Option 3:** Croissant sandwich: Egg, Cheese & ham  
Menu Items!

**Remote:** Cinnamon Bun **27**  
Banana Milk

**Option 1:** Chocolate Muffin **28**  
**Option 2:** Blueberry & Yogurt Parfait w/ Granola  
**Option 3:** English Muffin, Egg, Cheese & Sausage

**Option 1:** Donut **29**  
**Option 2:** Strawberry & Yogurt Parfait w/ Granola  
**Option 3:** Bagel, Egg, Bacon & Cheese

