

Menu
Smethport Area School District

January 8th – February 2nd

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 French Toast with syrup OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>9 Oven Baked Hash Brown w/ Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>10 Eggs OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Toast with Peanut Butter or Jelly Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>11 Frudel with Icing OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>12 Breakfast Bar w/ Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>
<p>15 NO SCHOOL FOR STUDENTS</p> <hr/>	<p>16 Apple Sweet Roll OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>17 Eggs OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Toast with Peanut Butter or Jelly Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>18 English Muffin OR 1/2 English Muffin & Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>19 Bagel Stick OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>
<p>22 Frosted Cinnamon Roll OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>23 Breakfast on a Stick OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>24 Eggs OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Toast with Peanut Butter or Jelly Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>25 Poptart w/ Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>26 Danish OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>
<p>29 Donut OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>30 L.A. Cinnamon Bread OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>31 Eggs OR Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Toast with Peanut Butter or Jelly Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>1 Bagel w/ Cream Cheese OR 1/2 Bagel & Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>	<p>2 Choice of Muffins w/ Whole Grain Cereal OR 4 oz. Yogurt w/ Whole Grain Cereal Fresh Fruit Fruit Juice Milk</p> <hr/>