

# Trinity Lutheran School

## January 2021 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School 
4 Granola bar Cereal Applesauce Fruit cup Milk	5 PB&J Baby carrots Juice BelVita Bites Milk	6 Blueberry muffin String cheese Orange Raisins Milk	7 Yogurt Granola Berries Apple Milk	8 Pop-Tart (WG) Graham cracker Banana Juice Milk
11 Chocolate muffin Yogurt Fruit cup Craisins Milk	12 Cherry frudel String cheese Orange Juice Milk	13 Cereal bar Hard boiled egg Banana Grapes Milk	14 Mini cream cheese bagel Graham cracker Apple Pineapple Milk	15 Granola bar Nutri-Grain Bar Baby carrots Raisins Milk
18 No School 	19 Cereal Bel-Vita Bites Applesauce Fruit cup Milk	20 Mini french toast String cheese Baby carrots Pear Milk	21 Blueberry muffin Hard boiled egg Apple Juice Milk	22 Pop-Tart (WG) Animal crackers Grapes Orange Milk
25 Cereal bar Nutri-Grain Bar Fruit cup Craisins Milk	26 Mini pancakes Yogurt Banana Orange Milk	27 PB&J String cheese Cucumber coins Apples Milk	28 Yogurt Granola Berries Juice Milk	29 No School All-Staff Team Day

### STUDENT PRICE

\$1.65

Reduced	\$0.30
Additional Milk	\$0.40
Snack Milk	\$0.40
Adult/Guest	\$2.65

### Alternate Offerings:

- 1 cup milk
- Choice of:  
1 cup fresh fruit/veggie – or –  
½ cup fruit/veggie +  
½ cup 100% juice
- Choice of:  
1-2oz grain (cereal, muffin,  
bagel, etc.) – or –  
1oz protein (yogurt, string  
cheese, hardboiled egg)

Free & reduced meal applications can be requested from the office or completed online at any time throughout the school year.

**Key:**  
WGR – Whole Grain Rich  
WG – Whole Grain