

# JANUARY 2026

## FRIENDLY ACADEMY

### BREAKFAST

 Non-Dairy

 Vegetarian

Milk is provided with all meals  
1% White or Chocolate

Monday

Tuesday

Wednesday

Thursday

Friday

No  
School

5

Cereal Bars  
Fruit Juice

6

Cereal  
Fruit

7

Strawberry-Banana Muffin  
Fruit

8

Yogurt  
Graham Crackers  
Fruit

9

Cereal  
Fruit

12

Granola Bars  
Fruit

13

Cinnamon Rolls  
Fruit

14

Cereal  
Fruit

15

Apple Cinnamon Muffin  
Fruit

16

Martin Luther King Jr. Day



19

Cereal Bar  
Fruit Juice

20

Bagel  
Cream Cheese  
Fruit

21

Chocolate Chip Muffin  
Fruit

22

Cereal  
Fruit Juice

23

Pineapple Muffin  
Fruit

26

Cereal  
Fruit

27

Yogurt  
Graham Crackers  
Fruit

28

Zucchini Bread  
Fruit

29

Granola Bar  
Fruit

30



Propel Kitchens