









St. Christopher Breakfast

Menu January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.</p> <p>This institution is an equal opportunity provider. Menu is subject to change.</p>				
		<p>WHAT IS IN A BREAKFAST??? Grains, Meat/Meat Alternate, Vegetables, Fruits, and Milk. Students MUST take 3 full items including 1/2 cup fruit.</p>	<p>1</p> 	<p>2</p> 
<p>5</p> <p>Banana Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> 	<p>6</p> <p>Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>7</p> <p>Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>8</p> <p>Chocolate Chip Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>9</p> <p>Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> 
<p>12</p> <p>Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>13</p> <p>Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>14</p> <p>Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> 	<p>15</p> <p>Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>16</p> <p>Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>
<p>19</p> 	<p>20</p> <p>Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>21</p> <p>Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>22</p> <p>Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>23</p> <p>Donut Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> <p>ORANGE JUICE</p>
<p>26</p> <p>Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> 	<p>27</p> <p>Yogurt Fresh Fruit Juice cup Graham Crackers Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>28</p> <p>Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>	<p>29</p> <p>Oatmeal Bar Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p> 	<p>30</p> <p>Cinnamon Roll Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk</p>

