

School meals are consistent with the Dietary Guidelines for Americans. We offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat** or **non-fat**.  
**Water is available with all meals.**



Fueling Student Performance Through Healthy Dining

by **sodexo**

## Midlands STEM Charter Breakfast Menu – January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Double Chocolate Chip Muffin Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>4</b></p> <p>Blueberry Muffin Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>5</b></p> <p>Pop-Tart Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>6</b></p> <p>NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>7</b></p> <p>Cinnamon Bagel Fruit 100% Apple Juice</p>
<p><b>10</b></p> <p>NutraGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>11</b></p> <p>Apple NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>12</b></p> <p>Cereal Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>13</b></p> <p>Pop-Tart Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>14</b></p> <p><b>TEACHER WORKDAY/ INSERVICE  NO SCHOOL</b></p>
<p><b>17</b></p> <p><b>MLK JR. DAY HOLIDAY NO SCHOOL</b></p>	<p><b>18</b></p> <p>Cereal String Cheese Fruit 100% Fruit Juice</p>	<p><b>19</b></p> <p>NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>20</b></p> <p>Strawberry Bagel Fruit 100% Fruit Juice</p>	<p><b>21</b></p> <p>Cereal Bar Graham Crackers Fruit 100% Fruit Juice</p>
<p><b>24</b></p> <p>Double Chocolate Chip Muffin Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>25</b></p> <p>Blueberry Muffin Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>26</b></p> <p>Pop-Tart Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>27</b></p> <p>NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>	<p><b>28</b></p> <p>Cinnamon Bagel Fruit 100% Apple Juice</p>
<p><b>31</b></p> <p>NutraGrain Bar Graham Crackers Fruit 100% Fruit Juice</p>			<p><b>Midlands STEM will provide Milk.</b></p> <p><b>Menu is Subject to Change</b></p>	<p><b>Due to product availability.</b></p>

**PORTION SIZES**

MILK: 8 OZ  
 ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

**FRUIT & VEGETABLE SIDES: 4 OZ**

COMBINATION FOODS: SERVING SIZE 4 OZ  
 \*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ  
 \*\*CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.