

# THE MARKET MENU

January 2024

Ross Park  
Breakfast

## MONDAY

1

Christmas Break

## TUESDAY

2

Christmas Break

## WEDNESDAY

3

Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

## THURSDAY

4

Breakfast

- Mini Confetti Pancakes
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

## FRIDAY

5

Breakfast

- Apple Cinnamon Soft Oatmeal Round
- Bunny Graham Friends
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

8

Breakfast

- Apple Cinnamon Cheerios
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

9

Breakfast

- Cinnamon Cream Cheese Stuffed Bagel
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

10

Breakfast

- Strawberry Nutrigrain Bar
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

11

Breakfast

- Mini Maple Madness Waffles
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

12

Breakfast

- Lucky Charms
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

15

MLK Day-No School

16

Breakfast

- Frosted Strawberry Pop-Tart
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

17

Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

18

Breakfast

- Mini Confetti Pancakes
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

19

Breakfast

- Banana Chocolate Chip Soft Oatmeal Round
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

22

Breakfast

- Apple Cinnamon Cheerios
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

23

Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

24

Breakfast

- Strawberry Nutrigrain Bar
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

25

Breakfast

- Mini Confetti Pancakes
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

26

Breakfast

- Apple Cinnamon Soft Oatmeal Round
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

29

Breakfast

- Apple Cinnamon Cheerios
- Strawberry Banana Bash Yogurt
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

30

Breakfast

- Frosted Strawberry Pop-Tart
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk

31

Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Tropical Fruit Cocktail
- Fresh Whole Fruit
- 1% Low-fat Milk
- Chocolate Low Fat Milk



*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*

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