



Tri-City United #2905 PK-8 Breakfast Menu

January
2022

One Kind Word Can Change Someone's Whole Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cook's Choice</p> <p>Choice of Cereal</p> <p>Vegetable Selection Canned Fruit</p> <p>1% Milk Skim Milk</p>	<p>4</p> <p>Breakfast Sandwich</p> <p>Trix Cereal Bar</p> <p>Vegetable Selection Apple Juice</p> <p>1% Milk Skim Milk</p>	<p>5</p> <p>Apple Frudel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>6</p> <p>Cinnamon Roll</p> <p>Cocoa Puffs Cereal Bar</p> <p>Vegetable Selection Orange Juice</p> <p>1% Milk Skim Milk</p>	<p>7</p> <p>French Toast Loaf</p> <p>Choice of Cereal Cheese Stick</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk</p>
<p>10</p> <p>Brekkie</p> <p>Choice of Cereal</p> <p>Vegetable Selection Canned Fruit</p> <p>1% Milk Skim Milk</p>	<p>11</p> <p>Banana Chocolate Loaf</p> <p>Fruity Cheerios Cereal Bar</p> <p>Cheese Stick Vegetable Selection Apple Juice</p> <p>1% Milk Skim Milk</p>	<p>12</p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>13</p> <p>Mini Eggo Waffles</p> <p>Trix Cereal Bar</p> <p>Vegetable Selection Orange Juice</p> <p>1% Milk Skim Milk</p>	<p>14</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>
<p>17 No School</p>	<p>18</p> <p>Blueberry Loaf</p> <p>Trix Cereal Bar</p> <p>Cheese Stick Vegetable Selection Apple Juice</p> <p>1% Milk Skim Milk</p>	<p>19</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>20</p> <p>Mini-Cinnis</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>21</p> <p>Breakfast Pizza</p> <p>Cin Toast Crunch Soft Filled Cereal Bar</p> <p>Vegetable Selection Orange Juice</p> <p>1% Milk Skim Milk</p>
<p>24</p> <p>Mini Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Canned Fruit</p> <p>1% Milk Skim Milk</p>	<p>25</p> <p>Breakfast Sandwich</p> <p>Cin Toast Crunch Soft Filled Cereal Bar</p> <p>Vegetable Selection Apple Juice</p> <p>1% Milk Skim Milk</p>	<p>26</p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>27</p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Fruity Cheerios Cereal Bar</p> <p>Vegetable Selection Fruit Choice</p> <p>1% Milk Skim Milk</p>	<p>28</p> <p>Cinnamon Roll</p> <p>Choice of Cereal</p> <p>Vegetable Selection Orange Juice</p> <p>1% Milk Skim Milk</p>
<p>31</p> <p>Brekkie</p> <p>Choice of Cereal</p> <p>Vegetable Selection Canned Fruit</p> <p>1% Milk Skim Milk</p>				<p>Breakfast is available everyday. Enjoy now or save for later.</p>

PRICES

Grades PK-6	\$0.00
Grades 7-12	\$0.00
Extra Entree	\$1.50
Adult	\$2.10
Extra Milk	\$0.50

EXTRA INFO

Free Breakfast for All TCU Students
Students must take at least 1/2 cup of fruit
and/or vegetables plus two other items.
For comments or questions, please contact
Amy Sauter, Taher Food Service Director
taher@tcu2905.us

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com