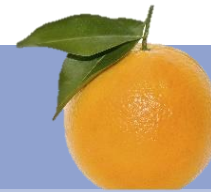


# JANUARY 2019

UNITED JUNIOR HIGH  
2140 State Hwy 135, Monmouth, IL 61462  
Chris Schwarz Principal



## BREAKFAST MENU

### MONDAY

Breakfast Cost  
\$1.25

Extra Milk  
.25cents

### TUESDAY

Happy  
New Year!

### WEDNESDAY

CHRISTMAS BREAK  
NO SCHOOL

### THURSDAY

CHRISTMAS BREAK  
NO SCHOOL

### FRIDAY

Teacher's Institute  
NO SCHOOL

Breakfast Pizza **7**  
OR  
Cereal Choice  
With Nutri-grain Bar  
Applesauce / Orange  
100% Fruit/Veg Juice  
Milk

Granola Bar **8**  
AND  
Cereal Choice  
Yogurt (optional)  
Apples / Pineapple  
100% Fruit/Veg Juice  
Milk

Honey Bun **9**  
OR  
Cereal Choice  
With Strawberry Oat Bar  
Peaches / Banana  
100% Fruit/Veg Juice  
Milk

Fruit Bosco Stick **10**  
OR  
Cereal Choice  
With Cinnamon Oat Bar  
Grapes / Mand. Oranges  
100% Fruit/Veg Juice  
Milk

Strawberry Oat Bar **11**  
AND  
Cereal Choice  
Pears / Banana  
100% Fruit/Veg Juice  
Milk

Sausage/Cheese Biscuit **14**  
OR  
Cereal Choice  
with Strawberry Oat Bar  
Fruit Cocktail / Orange  
100% Fruit/Veg Juice  
Milk

Nutri-grain Bar **15**  
AND  
Cereal Choice  
Cinnamon Apples / Apple  
100% Fruit/Veg Juice  
Milk

Z Storm Bread **16**  
OR  
Cereal Choice  
with Granola Bar  
Pineapple / Orange  
100% Fruit/Veg Juice  
Milk

Mini Waffles **17**  
OR  
Cereal Choice  
with Nutri-grain Bar  
Bacon  
Banana / Pears  
100% Fruit/Veg Juice MILK

Granola Bar **18**  
AND  
Cereal Choice  
Mandarin Oranges / Apple  
100% Fruit /Veg Juice  
Milk

**21**  
MARTIN LUTHER KING JR.  
DAY  
NO SCHOOL

Pop-tart **22**  
AND  
Cereal Choice  
Pineapple / Frozen Grapes  
100% Fruit/Veg Juice  
Milk

Mini Donuts **23**  
OR  
Cereal Choice  
with Granola Bar  
Applesauce / Apple  
100% Fruit/Veg Juice  
Milk

Pancake Wrap **24**  
OR  
Cereal Choice  
with Strawberry Oat Bar  
Strawberries / Applesauce  
100% Fruit/Veg Juice  
Milk

Nutri-grain Bar **25**  
AND  
Cereal Choice  
Pears / Orange  
100% Fruit /Veg Juice  
Milk

Egg/Cheese Biscuit **28**  
OR  
Cereal Choice  
with Cinnamon Oat Bar  
Apple / Fruit Cocktail  
100% Fruit/Veg Juice  
Milk

Strawberry Oat Bar **29**  
AND  
Cereal Choice  
Yogurt (optional)  
Pineapple / Apple  
100% Fruit/Veg Juice  
Milk

Blueberry Muffin **30**  
OR  
Cereal Choice  
with Nutri-grain Bar  
Peaches / Orange  
100% Fruit/Veg Juice  
Milk

French Toast **31**  
OR  
Cereal Choice  
with Granola Bar  
Sausage Links  
Red Grapes / Pears  
100% Fruit/Veg Juice MILK

#### MILK CHOICE:

1% White

Fat Free Chocolate

#### CEREAL CHOICES:

1oz Cereals

1.6oz Cereal Bars

**1 Cup Fruit Choice with  
each Breakfast Meal**