


 Breakfast					January					2019					Fir Ridge									
Monday		Tuesday		Wednesday		Thursday		Friday																
7 Breakfast Oatmeal Bar Fruit & Milk		8 Peach Applesauce Muffin Fruit & Milk		9 Chicken & Biscuit Fruit & Milk		10 Mini Bagels Fruit & Milk		11 Waffles Fruit & Milk																
14 Breakfast Oatmeal Bar Fruit & Milk		15 Blueberry Applesauce Muffin Fruit & Milk		16 Turkey Ham & Cheese on Bun Fruit & Milk		17 Pancakes Fruit & Milk		18 Frudel / Strudel Fruit & Milk																
21 Breakfast Oatmeal Bar Fruit & Milk		22 Breakfast Oatmeal Bar Fruit & Milk		23 Pancake On A Stick Fruit & Milk		24 Mini Bagels Fruit & Milk		25 Frudel / Strudel Fruit & Milk																
28 Breakfast Oatmeal Bar Fruit & Milk		29 Spice Applesauce Muffin Fruit & Milk		30 Turkey Sausage Biscuit Fruit & Milk		31 Pancakes Fruit & Milk																		
					Breakfast					February					2019					Fir Ridge				
Monday		Tuesday		Wednesday		Thursday		Friday																
								1 Frudel / Strudel Fruit & Milk																
4 Breakfast Oatmeal Bar Fruit & Milk		5 Mandarin Orange Muffin Fruit & Milk		6 Chicken & Waffles Fruit & Milk		7 Mini Bagels Fruit & Milk		8 Waffles Fruit & Milk																
11 Breakfast Oatmeal Bar Fruit & Milk		12 Carrot Choc Chip Muffin Fruit & Milk		13 Turkey Ham & Cheese on Bun Fruit & Milk		14 Pancakes Fruit & Milk		15 Frudel / Strudel Fruit & Milk																
18 Breakfast Oatmeal Bar Fruit & Milk		19 Breakfast Oatmeal Bar Fruit & Milk		20 Pancake On A Stick Fruit & Milk		21 Mini Bagels Fruit & Milk		22 Cinnamon Rolls Fruit & Milk																
25 Breakfast Oatmeal Bar Fruit & Milk		26 Pear Applesauce Muffin Fruit & Milk		27 Turkey Sausage Biscuit Fruit & Milk		28 Pancakes Fruit & Milk																		
																								
<u>Second Choice each Day</u> <u>2- 1oz cereal Fruit & Milk</u> <u>Third Choice may be offered</u> <u>Is Cooks Choice</u>								<u>Notice</u> Menu Subject to change without Notice																

Additional Nutritional Information available at <http://www.ddouglas.k12.or.us/departments/nutrition-services/>

This institution is an equal opportunity provider.