



January Hot Breakfast Menu

Delivering health one meal at a time!

| Monday | Tuesday | HOT BREAKFAST Wednesday | Thursday | HOT BREAKFAST Friday |
|---|---|--|--|--|
| Holiday - No Meals 1 | Holiday - No Meals 2 | Whole Grain Croissant, Chicken Sausage Patty, Warm Apples, 100% Fruit Juice, Fluid Milk 3 | Whole Grain Cinnamon Toast Pastry, Fruit, 100% Fruit Juice, Fluid Milk 4 | Whole Grain Pancakes w/ Fruit Compote, 100% Fruit Juice, Fluid Milk 5 |
| Whole Grain Cereal, Fruit, 100% Fruit Juice, Fluid Milk 8 | Whole Grain ZeeZee, Fruit, 100% Fruit Juice, Fluid Milk 9 | Egg & Cheese Breakfast Sandwich on English Muffin, Fruit, 100% Fruit Juice, Fluid Milk 10 | Whole Grain Bagel w/ Jelly, Fruit, 100% Fruit Juice, Fluid Milk 11 | Whole Grain Waffles, Cinnamon Apples, Fruit, 100% Fruit Juice, Fluid Milk 12 |
| Holiday - No Meals 15 | Whole Grain ZeeZee, Fruit, 100% Fruit Juice, Fluid Milk 16 | Chicken Sausage & Pancake Sandwich, Cinnamon Pears, 100% Fruit Juice, Fluid Milk 17 | Whole Grain Cinnamon Toast Pastry, Fruit, 100% Fruit Juice, Fluid Milk 18 | Omelet w/ Cheese, Whole Grain Corn Muffin, Fruit, 100% Fruit Juice, Fluid Milk 19 |
| Whole Grain Cereal, Fruit, 100% Fruit Juice, Fluid Milk 22 | Whole Grain ZeeZee, Fruit, 100% Fruit Juice, Fluid Milk 23 | Whole Grain Honey Biscuit, Chicken Sausage Patty, Cinnamon Peaches, 100% Fruit Juice, Fluid Milk 24 | Whole Grain Bagel w/ Jelly, Fruit, 100% Fruit Juice, Fluid Milk 25 | Whole Grain French Toast w/ Fruit Compote, 100% Fruit Juice, Fluid Milk 26 |
| Whole Grain Cereal, Fruit, 100% Fruit Juice, Fluid Milk 29 | Whole Grain ZeeZee, Fruit, 100% Fruit Juice, Fluid Milk 30 | Omelet w/ Cheddar Cheese, Whole Grain Pancake, Cinnamon Pears, 100% Fruit Juice, Fluid Milk 31 | | |

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 [Menu subject to change](#) This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.