

# Darrell Lynn Hines Academy



# January 2023

Meals are prepared by MCFI  
K-12 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>NO SCHOOL / MCFI CLOSED</b>	<b>3</b>  WG Triple Berry Dunker Bar Seasonal Fruit Seasonal Fruit Choice of Milk  <u>Hot Breakfast of the Week*:</u> NO HOT BREAKFAST THIS WEEK	<b>4</b>  WG Cinnamon Crunchmania 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>5</b>  Vanilla Bear Grahams Cinnamon Apple Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>6</b>  Multigrain Frosted Flakes Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>9</b>  WG Frosted Mini Wheats WG MJM Graham 100% Fruit Juice Applesauce Cup Choice of Milk	<b>10</b>  WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk  <u>Hot Breakfast of the Week*:</u> WG Turkey Ham and Cheese Stuffers	<b>11</b>  WG Cinnamon Flakes WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>12</b>  Strawberry Granola Vanilla Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>13</b>  WG Zucchini Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>16</b>  <b>NO SCHOOL</b>	<b>17</b>  WG Cinnamon Cream Cheese Filled Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk  <u>Hot Breakfast of the Week*:</u> Egg and Cheese Burrito	<b>18</b>  WG Vanilla Honey Bunches of Oats WG MJM Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>19</b>  WG Blueberry Chex WG Muffin 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>20</b>  WG Raisin Bran WG Cinnamon Goldfish Grahams 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>23</b>  WG Goldfish Pretzel Strawberry Banana Yogurt 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>24</b>  WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk  <u>Hot Breakfast of the Week*:</u> WG Mini Maple Pancake Bites	<b>25</b>  WG Honey Cheerios Hard-Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>26</b>  WG Honey Graham Cinnamon Apple Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>27</b>  WG Blueberry Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>30</b>  WG Cherry Apple Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>31</b>  WG Animal Crackers Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk  <u>Hot Breakfast of the Week*:</u> WG Chicken and Waffle Sandwich	<u>MILK FOR SCHOOL:</u> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE		

\*Hot breakfast service date varies by site

This institution is an equal opportunity provider.