



Elmwood Park High School

January 2017

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WINTER BREAK

3

WINTER BREAK

4

WINTER BREAK

5

WINTER BREAK

6

WINTER BREAK

9

Daily Specials:
Blueberry Waffles
OR
Chocolate Chip Breakfast
Round
OR
Raisin Bran Cereal w/
String Cheese

Fruit:
Fresh Orange
Grape Juice

10

Daily Specials:
Egg, Cheese & Sausage Slider
OR
Apple Bosco Stick
OR
Trix Cereal w/ Animal Crackers

Fruit:
Apple
Fruit Blend Juice

11

Daily Specials:
Maple Mini Waffles
OR
Strawberry Pop Tart w/ String
Cheese
OR
Froot Loops Cereal w/ Jungle
Crackers

Fruit:
Cantaloupe
Orange Juice

12

Daily Specials:
Cinnamon Pancakes
OR
Chocolate Chip Muffin w/
Animals Vanilla Yogurt
OR
Apple Jacks Cereal & Choco
Belly Bear Grahams

Fruit:
Banana
Cherry Star Juice

13

Daily Specials:
Banana Muffin w/ String Cheese
OR
Mini Cinnamon Creamy Cheese
Bagels
OR
Frosted Flakes & Scooby Doo
Snacks

Fruit:
Apple
Apple Juice

16

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

17

Daily Specials:
Apple Cinnamon Muffin w/
String Cheese
OR
Oatmeal Raisin Benefit Bar
OR
Trix Cereal & Animal Crackers

Fruit:
Apple
Fruit Blend Juice

18

Daily Specials:
Cinnamon Raisin Bagel w/ Cream
Cheese
OR
Brown Sugar Cinnamon Pop Tart w/
String Cheese
OR
Lucky Charms & Scooby Doo
Grahams

Fruit:
Cantaloupe
Orange Juice

19

Daily Specials:
Blueberry Waffles
OR
French Toast Benefit Bar
OR
Honey Nut Cheerios & Choco Belly
Bear Grahams

Fruit:
Banana
Cherry Star Juice

20

Daily Specials:
Apple Frudel
OR
Blueberry Muffin w/ String
Cheese
OR
Chocolate Frosted Mini Wheats
w/ Scooby Doo Grahams

Fruit:
Fresh Apple
Apple Juice

23

Daily Specials:
Maple Waffles
OR
Chocolate Chip Breakfast
Round
OR
Raisin Bran Cereal w/ String
Cheese

Fruit:
Orange
Grape Juice

24

Daily Specials:
Plain Bagel w/ Cream Cheese
OR
Apple Bosco Stick
OR
Trix Cereal & Animal Crackers

Fruit:
Apple
Fruit Blend Juice

25

Daily Specials:
Cherry Frudel
OR
Egg, Cheese & Sausage Slider
OR
Froot Loops Cereal & Scooby
Doo Grahams

Fruit:
Cantaloupe
Orange Juice

26

Daily Specials:
Blueberry Pancakes
OR
Chocolate Muffin & Animals
Strawberry Yogurt
OR
Apple Jacks Cereal & Choco
Belly Bear Grahams

Fruit:
Banana
Cherry Star Juice

27

Daily Specials:
Mini Strawberry Creamy Cheese
Bagel
OR
Egg, Cheese & Sausage Slider
OR
Frosted Flakes w/ Scooby Doo
Grahams

Fruit:
Fresh Apple
Apple Juice

30

Daily Specials:
Cocoa Puffs w/ String Cheese
OR
Cinnamon Raisin Bagel w/ Cream
Cheese
OR
Egg, Cheese & Sausage Slider

Fruit:
Orange
Grape Juice

31

Daily Specials:
Egg & Cheese Sandwich
OR
Glazed Donut
OR
Cinnamon Toast Crunch Cereal
& Animal Crackers

Fruit:
Apple
Fruit Blend Juice

**A parent/guardian of any student with a food
allergy should feel free to contact the
Food Service Director at: 708-583-5463**