

**GLOBAL
CONCEPTS
CHARTER SCHOOLS
Breakfast Menu K-12
Student Price \$2.00**

January 2019

Pre-Paid Full and Reduced Lunches are available daily,
weekly, monthly, yearly.

Menu is subject to change.



Lunch Fact

MyPlate recommends:

Choose vegetables rich in **color!**
Brighten your plate with vegetables
that are **red, orange, or dark green.**
They not only taste great but also are good
for you, too. Reference: USDA. MyPlate.gov.

**Choose an item from between
each of the dotted line sections**

*Must take at least 2
Items*

*We offer fresh, prepared
fruits and juice daily*

**Non or Low Fat White or
Non-Fat Chocolate Milk**

Did You Know.....

*All of the grains and breads we
use are "whole grain-rich".
Meaning they contain at least
51% whole grain meal &/or flour.
These requirements also reflect
the 2010 Dietary Guidelines for
Americans, which recommended
making whole grains at least half
of all grains consumed.*

**This institution is
an equal
opportunity
employer &
provider.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR</p> <p><i>2019!</i></p>	<p>HAPPY NEW YEAR</p> <p><i>2019!</i></p>	<p>2 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>3 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>4 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>7 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>8 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>9 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>10 Pancakes 2G w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>11 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>14 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>15 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>16 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>17 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>18 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>21 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>22 Pancakes 2G w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>22 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>23 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>24 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>28 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>29 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>30 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>31 Pancakes 2G w/Syrup Or Cereal w/1/2 Bagel (2G)</p> <p>----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>This institution is an equal opportunity employer & provider.</p>