

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Grammar K-5th) Bagged w/ Cereal - Breakfast Cold					
Grade Level / Age Group : Grades 5th - 9th <small>Menu subject to change without notice due to substitutions/weather ***Please Review Lunch Incentive web</small>			Meal Pattern : NSLP		Meal: Breakfast
January - 2026					
Breakfast	Monday, January 05, 2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	Friday, January 09, 2026
	Assorted Cereal Bowl	Pumpkin Muffin	Sliced Bagel W/ Strawberry Cream Cheese	Honey Breakfast Bun	Dunkin Stix
	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
Breakfast	Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026
	Assorted Cereal Bowl	Blueberry Pomegranate Breakfast Bar	Banana Muffin	Banana Muffin	Flex Day/No School
	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	
	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	
	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	
Breakfast	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026
	No School	Sliced Bagel W/ Strawberry Cream Cheese	French Toast Breakfast Bar	Pumpkin Bread Super Slice	Brekkie
		100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
		Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
		Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
Breakfast	Monday, January 26, 2026	Tuesday, January 27, 2026	Wednesday, January 28, 2026	Thursday, January 29, 2026	Friday, January 30, 2026
	Assorted Cereal Bowl	Apple Muffin	Vanilla Waffle	Cinnamon Swirls	Donut Pull Aparts
	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)
	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)
	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out
	What is a healthy portion size of meat according to the USDA?				The USDA promotes portion control through the MyPlate guidelines.
	Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.				which recommend making half your plate fruits and vegetables.
					It also emphasizes controlling portions at restaurants, reading food for serving sizes, and using measuring cups and serving utensils
					to ensure consistent and appropriate amounts.