

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 Menu subject to change without notice due to substitutions/weather ***Please Review Lunch Incident wa

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	Week I
	Assorted Cereal Bowl 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Pumpkin Muffin 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Sliced Bagel W/ Strawberry Cream Cheese 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Honey Breakfast Bun 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Dunkin Stix 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) 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	Week II
	Assorted Cereal Bowl 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Blueberry Pomegranate Breakfast Bar 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Banana Muffin 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Banana Muffin 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Flex Day/No School	
Breakfast	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026	Week III
	No School	Sliced Bagel W/ Strawberry Cream Cheese 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	French Toast Breakfast Bar 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Pumpkin Bread Super Slice 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Brekkie 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) 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	Week IV
	Assorted Cereal Bowl 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Apple Muffin 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Vanilla Waffle 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Cinnamon Swirls 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Donut Pull Apart 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	
	What is a healthy portion size of meat according to the USDA? 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.				The USDA promotes portion control through the MyPlate guidelines, 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.	