

# This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic/Rhetoric 5th-9th) Bagged w/ Cereal - Breakfast (Hot Mondays & Wednesdays)					
Grade Level / Age Group : Grades 5th - 9th			Meal Pattern : NSLP		Meal: Breakfast (Hot)
January - 2026					
Breakfast	Monday, January 05, 2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	Friday, January 09, 2026
	Dutch Waffle	Assorted Cereal Bowl	Chef's Choice	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
	Chicken Sausage and Cheese Croissant	Blueberry Pomegranate Breakfast Bar	Warm Pancake Puffs	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	Assorted Cereal Bowl	French Toast Sticks	Sliced Bagel w/ Strawberry Cream 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
	Egg & Cheese Croissant Sandwich	Apple Muffin	Warm Mini Pizza Bagels	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.