



# Hmong College Prep Academy



## January 2019 Breakfast Menu

\*\*Menu is subject to change\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>
7	8	9	10	11
<b>Scramble Egg and Rice</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Breakfast Pizza</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Kopia Noodle Soup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Banana Bread Loaf</b> Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Rice &amp; Sausage</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk
14	15	16	17	18
<b>Pig-N-Blanket</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Chicken Soup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Breakfast Burito</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Pizza Bread</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Garden Veggies</b> Scrambled Eggs (2 components) Assorted Cereals 100% Fruit Juice & Fresh Fruit Variety Milk
21	22	23	24	25
<b>NO SCHOOL</b>  MLK DAY	<b>French Toast and Syrup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Rice &amp; Ham</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Chicken Fried Rice</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Pig-N-Blanket</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk
28	29	30	31	
<b>Hash browns ketchup</b> Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Sticy Rice &amp; Bacon</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Cheese Omelet</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Rice &amp; Sausage</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>
7	8	9	10	11
<b>Juicy Hamburger on Bun</b> Tater Rounds Snap Peas Banana  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Chicken Thigh</b> <b>Brown Rice</b> Fresh Grapes Carrots Variety Milk Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Beef Hot Dog</b> Oven Potato Wedges Tropical Mixed Fruit Broccoli  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Beef Laab</b> 4 Treasures Brown Rice Carrots Fresh Apple  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Pizza Patty</b>  Tropical Mixed Fruit Green Bean  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>
14	15	16	17	18
<b>Crispy Chicken Patty</b> Fresh Apple Corn Whole Grain Bun  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Hmong Sausage</b> <b>4 Treasures Brown Rice</b> Fresh Orange Green Bean  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Spaghetti &amp; Meatballs</b> <b>Whole Grain Roll</b> Fresh Grapes Carrots Variety Milk Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Pho</b> <b>Whole Grain Roll</b> Pears Snap Peas Variety Milk Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Beef Ravioli</b> <b>Wholegrain Breadstick</b> Tropical Mixed Fruit Corn  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>
21	22	23	24	25
<b>MLK Day</b>	<b>Pork With Cabbage</b> Brown Rice Broccoli Pineapple Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Grilled Cheese</b> Tomato Soup Corn Banana Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Chicken Drummy</b> 4 Treasures Brown Rice Corn Fresh Orange Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Early Release</b>
28	29	30	31	
<b>Walking Taco</b> Salsa Cheese, Lettuce  Mandarin Oranges Snap Peas Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Pork &amp; Green Bean Stir fry</b> Brown Rice Carrots Pineapple  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Coned Dogs</b> <b>Oven Potato Wedges</b> Fresh Orange Green Bean  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Teryaki Chicken Strips</b> <b>4 Treasures Brown Rice</b> Fresh Orange Green Bean  Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	