



**January 2025** | \* GG Central Kitchen | [Breakfast Menu](#) | [NSLP K-8 Hot Pack Breakfast 24/25](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b></p> <p>Week 2 Day 1</p> <p><b>GRAIN</b></p> <p>Pumpkin Apple Bread 22 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p>	<p><b>31</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>WG French Toast Sticks 19 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p>	<p><b>1</b></p> <p>Week 2 Day 3</p> <p><b>GRAIN</b></p> <p>WG Pancake 30 g Carb</p> <p><b>FRUIT</b></p> <p>Pear 28 g Carb</p> <p><b>MILK</b></p> <p>Skim Chocolate Milk 20 g Carb</p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p>	<p><b>2</b></p> <p>Week 2 Day 4</p> <p><b>GRAIN</b></p> <p>Gingerbread Muffin 40 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p>	<p><b>3</b></p> <p>Week 2 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>Cinnamon Brown Sugar Oatmeal 19 g Carb</p> <p><b>GRAIN</b></p> <p>Granola Crumble 24 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Orange 18 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk</p>

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

20 g Carb

Skim Milk  
12 g Carb

6

7

8

9

10

Week 3 Day 1

**GRAIN**

Cranberry Muffin  
38 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

Week 3 Day 2

**GRAIN**

WG Pancake  
28 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

Week 3 Day 3

**GRAIN**

Blueberry Bread  
28 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

Week 3 Day 4

**MAIN ENTREE**

Chocolate Banana  
Oatmeal  
24 g Carb

**GRAIN**

Granola Crumble  
24 g Carb

**FRUIT**

Whole Green Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Skim Chocolate Milk  
20 g Carb

Week 3 Day 5

**MAIN ENTREE**

Breakfast Sandwich  
26 g Carb

**FRUIT**

Golden Delicious Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

<p><b>13</b></p> <p>Week 4 Day 1</p> <p><b>GRAIN</b></p> <p>WG Apple Bread 25 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p>	<p><b>14</b></p> <p>Week 4 Day 2</p> <p><b>GRAIN</b></p> <p>Maple Snack'n Waffle 37 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p>	<p><b>15</b></p> <p>Week 4 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>French Toast Casserole 28 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Green Apple 25 g Carb</p>	<p><b>16</b></p> <p>Week 4 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Cinnamon Brown Sugar Oatmeal 19 g Carb</p> <p><b>GRAIN</b></p> <p>Granola Crumble 24 g Carb</p>	<p><b>17</b></p> <p>Week 4 Day 5</p> <p><b>GRAIN</b></p> <p>WG Pancake 30 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p>

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**FRUIT**

Golden Delicious Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Skim Chocolate Milk  
20 g Carb

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

<p><b>20</b></p> <p>Week 1 Day 1</p> <p><b>GRAIN</b></p> <p>Blueberry Snack'n Waffle 37 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p>	<p><b>21</b></p> <p>Week 1 Day 2</p> <p><b>GRAIN</b></p> <p>WG Pancake 28 g Carb</p> <p><b>FRUIT</b></p> <p>Golden Delicious Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p> <p><b>CONDIMENTS</b></p> <p>Breakfast Syrup Cup 21 g Carb</p>	<p><b>22</b></p> <p>Week 1 Day 3</p> <p><b>GRAIN</b></p> <p>WG Cinnamon Muffin 31 g Carb</p> <p><b>FRUIT</b></p> <p>Pear 28 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p>	<p><b>23</b></p> <p>Week 1 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Blueberry French Toast Casserole 27 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Orange 18 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p>	<p><b>24</b></p> <p>Week 1 Day 4</p> <p><b>GRAIN</b></p> <p>Chocolate Chip Banana Bread 50 g Carb</p> <p><b>FRUIT</b></p> <p>Whole Red Apple 25 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Chocolate Milk 20 g Carb</p> <p>Skim Milk 12 g Carb</p>

<p><b>27</b></p> <p>Week 2 Day 1</p> <p><b>GRAIN</b></p> <p>Pumpkin Apple Bread</p>	<p><b>28</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>WG French Toast Sticks</p>	<p><b>29</b></p> <p>Week 2 Day 3</p> <p><b>GRAIN</b></p> <p>WG Pancake</p>	<p><b>30</b></p> <p>Week 2 Day 4</p> <p><b>GRAIN</b></p> <p>Gingerbread Muffin</p>	<p><b>31</b></p> <p>Week 2 Day 5</p> <p><b>MAIN ENTREE</b></p>

22 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

29 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

30 g Carb

**FRUIT**

Pear  
28 g Carb

**MILK**

Skim Chocolate Milk  
20 g Carb

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Breakfast Syrup Cup  
21 g Carb

40 g Carb

**FRUIT**

Whole Red Apple  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb

Cinnamon Brown Sugar  
Oatmeal  
19 g Carb

**GRAIN**

Granola Crumble  
24 g Carb

**FRUIT**

Whole Orange  
18 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate Milk  
20 g Carb

Skim Milk  
12 g Carb



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