

**January 2026 | * GG Central Kitchen | [Breakfast Menu](#) | [NSLP K-8 Hot Pack](#)****Breakfast 25/26**

Monday	Tuesday	Wednesday	Thursday	Friday
29 Week 2 Day 1	30 Week 2 Day 2	31 Week 2 Day 3	1 New Year's Day Week 2 Day 4	2 Week 2 Day 5
MAIN ENTREE French Toast Casserole 28 g Carb	GRAIN WG Pancake 28 g Carb	GRAIN WG Pumpkin Bread 24 g Carb	GRAIN Chocolate Chip Banana Bread 25 g Carb	MAIN ENTREE Cinnamon Brown Sugar Oatmeal 19 g Carb
FRUIT Whole Fruit 25 g Carb	GRAIN Granola Crumble 24 g Carb			
MILK 1% Milk 13 g Carb Skim Milk 12 g Carb Skim Chocolate Milk 20 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	MILK 1% Milk 13 g Carb Skim Chocolate Milk 20 g Carb Skim Milk 12 g Carb	FRUIT Whole Fruit 25 g Carb
	CONDIMENTS Breakfast Syrup Cup 21 g Carb			MILK 1% Milk 13 g Carb Skim Chocolate Milk 20 g Carb Skim Milk 12 g Carb

5	6	7	8	9
Week 3 Day 1	Week 3 Day 2	Week 3 Day 3	Week 3 Day 4	Week 3 Day 5
GRAIN Pineapple Upside Down Muffin 33 g Carb	GRAIN WG Pancake 28 g Carb	MAIN ENTREE Baked Pear Oats 30 g Carb	MAIN ENTREE Scrambled Eggs 0 g Carb	GRAIN WG Cinnamon Banana Bread 25 g Carb
FRUIT Whole Fruit 25 g Carb	FRUIT Whole Fruit 25 g Carb	GRAIN Granola Crumble 24 g Carb	GRAIN WG Bread Slice 13 g Carb	FRUIT Whole Fruit 25 g Carb
MILK 1% Milk 13 g Carb	MILK 1% Milk 13 g Carb	FRUIT Whole Fruit 25 g Carb	FRUIT Whole Fruit 25 g Carb	MILK 1% Milk 13 g Carb
	Skim Chocolate Milk 20 g Carb	MILK 1% Milk	MILK 1% Milk	Skim Chocolate Milk

Skim Chocolate Milk 20 g Carb	Skim Milk 12 g Carb	13 g Carb Skim Chocolate Milk 20 g Carb	13 g Carb Skim Chocolate Milk 20 g Carb	20 g Carb Skim Milk 12 g Carb
Skim Milk 12 g Carb	CONDIMENTS	Breakfast Syrup Cup 21 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb
12 Week 4 Day 1	13 Week 4 Day 2	14 Week 4 Day 3	15 Week 4 Day 4	16 Week 4 Day 5
GRAIN Pumpkin Apple Bread	MAIN ENTREE Cinnamon Roll French Toast	MAIN ENTREE Chocolate Banana Oatmeal	MAIN ENTREE Muffin Egg Frittata-Tex Mex	GRAIN WG Waffle(s) 12 g Carb

22 g Carb	Casserole 31 g Carb	24 g Carb	1 g Carb	FRUIT
FRUIT	FRUIT	GRAIN	GRAIN	
Whole Fruit 25 g Carb	Whole Fruit 25 g Carb	Granola Crumble 24 g Carb	WG Bread Slice 13 g Carb	MILK
MILK	MILK	FRUIT	FRUIT	
1% Milk 13 g Carb	1% Milk 13 g Carb	Whole Fruit 25 g Carb	Whole Fruit 25 g Carb	
Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb	MILK	MILK	
Skim Milk 12 g Carb	Skim Milk 12 g Carb	1% Milk 13 g Carb	1% Milk 13 g Carb	CONDIMENTS
		Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb	Breakfast Syrup Cup 21 g Carb
		Skim Milk 12 g Carb	Skim Milk 12 g Carb	

19 Week 1 Day 1	20 Week 1 Day 2	21 Week 1 Day 3	22 Week 1 Day 4	23 Week 1 Day 5
GRAIN WG Pancake 28 g Carb	GRAIN WG French Toast Sticks 19 g Carb	MAIN ENTREE Scrambled Eggs 0 g Carb	GRAIN Gingerbread Muffin 43 g Carb	GRAIN WG Apple Bread 50 g Carb
FRUIT Whole Red Apple 25 g Carb	FRUIT Golden Delicious Apple 25 g Carb	GRAIN WG Bread Slice 13 g Carb	FRUIT Whole Red Apple 25 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	MILK 1% Milk 13 g Carb Skim Chocolate Milk 20 g Carb Skim Milk 12 g Carb	MILK Whole Red 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 Chocolate Milk 20 g Carb Skim Milk 12 g Carb
CONDIMENTS Breakfast Syrup Cup 21 g Carb	CONDIMENTS Breakfast Syrup Cup 21 g Carb			

26 Week 2 Day 1	27 Week 2 Day 2	28 Week 2 Day 3	29 Week 2 Day 4	30 Week 2 Day 5
MAIN ENTREE French Toast Casserole 28 g Carb	GRAIN WG Pancake 28 g Carb	GRAIN WG Pumpkin Bread 24 g Carb	GRAIN Chocolate Chip Banana Bread 25 g Carb	MAIN ENTREE Cinnamon Brown Sugar Oatmeal 19 g Carb
FRUIT Whole Fruit 25 g Carb	FRUIT Whole Fruit 25 g Carb	FRUIT Whole Fruit 25 g Carb	FRUIT Whole Fruit 25 g Carb	GRAIN Granola Crumble 24 g Carb
MILK 1% Milk 13 g Carb	MILK 1% Milk 13 g Carb	MILK 1% Milk 13 g Carb	MILK 1% Milk 13 g Carb	FRUIT Whole Fruit 25 g Carb
Skim Milk 12 g Carb	Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb	Skim Chocolate Milk 20 g Carb	MILK 1% Milk 13 g Carb
Skim Chocolate Milk 20 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb	Skim Milk 12 g Carb	Skim Chocolate Milk
	CONDIMENTS			

Breakfast Syrup Cup 21 g Carb		20 g Carb Skim Milk 12 g Carb
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