

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

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

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

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

22 g Carb

**FRUIT**

Whole Fruit  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate  
Milk  
20 g Carb

Skim Milk  
12 g Carb

Casserole  
31 g Carb

**FRUIT**

Whole Fruit  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate  
Milk  
20 g Carb

Skim Milk  
12 g Carb

24 g Carb

**GRAIN**

Granola Crumble  
24 g Carb

**FRUIT**

Whole Fruit  
25 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Chocolate  
Milk  
20 g Carb

Skim Milk  
12 g Carb

1 g Carb

**GRAIN**

WG Bread Slice  
13 g Carb

**FRUIT**

Whole Fruit  
25 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

**MILK**

1% Milk  
13 g Carb

Skim Chocolate  
Milk  
20 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Breakfast Syrup  
Cup  
21 g Carb

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

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

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