



# Hmong College Prep Academy



## January 2016 Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Winter Break</b>
4	5	6	7	8
<b>Chocolate Chocolate Chip Bread Loaf</b> 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>Waffles and Syrup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Strawberry Pancakes</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Sausage &amp; Rice</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk
11	12	13	14	15
<b>Ultimate Breakfast Bar</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Chicken Soup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Egg and Cheese Muffin</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Pancakes and Syrup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Garden Veggies</b> Scrambled Eggs (2 components) Assorted Cereals 100% Fruit Juice & Fresh Fruit Variety Milk
18	19	20	21	22
<b>NO SCHOOL</b>  <b>MLK DAY</b>	<b>Bagel with Wild Berry</b> Cream Cheese (2 components) Assorted Cereals 100% Fruit Juice & Fresh Fruit Variety Milk	<b>French Toast Sticks and Syrup</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Chicken Fried Rice</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice	<b>Assorted Mini Loaf</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice
25	28	29	30	30
<b>Hash browns</b> ketchup Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Bacon &amp; Rice</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Banana Nut Muffin</b> (2 components) Chilled and Fresh Fruit Assorted Cereals 100% Pure Fruit Juice Variety Milk	<b>Cheese Omelet</b> (2 components) Assorted Cereals Fresh Fruit 100% Pure Fruit Juice Variety Milk	<b>Rice and Ham</b> (2 components) Assorted Cereals 100% Pure Fruit Juice



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Winter Break</b>
4	6	7	8	9
<b>Juicy Hamburger on Bun</b> Tater Rounds Snap Peas Banana  Market Fresh Greens Bar <b>Alt. Chicken Caesar Wrap</b>	<b>Glazed Meatballs</b> Brown Rice Pilaf Fresh Grapes Carrots Variety Milk Market Fresh Greens Bar <b>Alt. Turkey Bacon Croissant</b>	<b>Chicken Curry Noodle Soup</b> Wholegrain Breadstick Tropical Mixed Fruit Broccoli  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>	<b>Chicken Teriyaki breast</b> Brown Rice Pineapple peas  Market Fresh Greens Bar <b>Alt. Italian Cold Cut</b>	<b>Beef Laab</b> Romaine Lettuce Hearts Brown Rice Fresh Apple  Market Fresh Greens Bar <b>Alt. Sweet Chili Chicken Wrap</b>
11	12	13	14	15
<b>Chicken nuggets</b> Wedge Potatoes Corn Oranges  Market Fresh Greens Bar <b>Alt. Chicken Caesar Wrap</b>	<b>Beef Hot Dog</b> Ketchup and Mustard Oven Potato Wedges Fresh Grapes Green Beans Market Fresh Greens Bar <b>Alt. Turkey Bacon Croissant</b>	<b>Pho</b> Whole Grain Roll Banana Chilled and Fresh Fruit  Market Fresh Greens Bar <b>Alt. Turkey Bacon Croissant</b>	<b>BQQ Rib Sandwich</b> Whole Grain Bun Apple Sauce French Fries  Market Fresh Greens Bar <b>Alt. Italian Cold Cut</b>	<b>Beef &amp; Green Bean Stir fry</b> Brown Rice Carrots Pineapple  Market Fresh Greens Bar <b>Alt. Sweet Chili Chicken Wrap</b>
18	19	20	21	22
<b>NO SCHOOL</b>  <b>MLK DAY</b>	<b>Beef Ravioli</b> Wholegrain Breadstick Tropical Mixed Fruit Broccoli  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>	<b>Corned Dogs</b> French Fries Steamed Broccoli Peaches  Market Fresh Greens Bar <b>Alt. Chicken Caesar Wrap</b>	<b>Chicken Drummy</b> 4 Treasures Brown Rice Carrots Fresh Grapes  Market Fresh Greens Bar <b>Alt. Sweet Chili Chicken Wrap</b>	<b>Chicken Curry Noodle Soup</b> Wholegrain Breadstick Tropical Mixed Fruit Broccoli  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>
25	26	27	28	29
<b>Sloppy Joe</b>  Oven Potato Wedges Apples Snap Peas Market Fresh Greens Bar <b>Alt. Turkey Bacon Croissant</b>	<b>Baked Mostacholi</b> Wholegrain Breadstick Tropical Mixed Fruit Broccoli  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>	<b>Hmong Sausage</b> 4 Treasures Brown Rice Fresh Orange Green Bean  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>	<b>Crispy Chicken Patty</b> Fresh Apple Broccoli Whole Grain Bun  Market Fresh Greens Bar <b>Alt. Turkey &amp; Ham Hoagie</b>	<b>Early Release</b>