

JANUARY 2023

Forge International School

Menu Subject to Change

 **BREAKFAST**

Monday

Banana Chocolate Chip
Round
Oranges
100% Juice
Milk Choice **2**

Breakfast Burrito **9**
Oranges
100% Juice
Milk Choice

No School **16**

WG Blueberry Muffin **23**
Apple
Yogurt
100% Juice
Milk Choice

Oatmeal **30**
Blueberries
100% Juice
Milk Choice
Oatmeal Toppings

Tuesday

French Toast Benefit Bar **3**
Grapes
100% Juice
Milk Choice

Cereal **10**
Wheat Toast
Banana
100% Juice
Milk Choice
Jelly Cup

French Toast Benefit Bar **17**
Grapes
100% Juice
Milk Choice

Cereal **24**
Wheat Toast
Banana
100% Juice
Milk Choice
Jelly Cup

French Toast Benefit Bar **31**
Grapes
100% Juice
Milk Choice

Wednesday

WG Pancake Sausage **4**
Sandwich
Scrambled Eggs
Apple
100% Juice
Milk Choice

WG Cinnamon Roll **11**
Grapes
100% Juice
Milk Choice

WG Waffle Sticks **18**
Scrambled Eggs
Strawberries
100% Juice
Milk Choice
Syrup Cup

Apple Cinnamon Oatmeal **25**
Round
Oranges
100% Juice
Milk Choice

Thursday

Berry Yogurt Parfait **5**
Grapes
100% Juice
Milk Choice

Raspberry Peach Smoothie **12**
Cinnamon Toast
Apples
100% Juice
Milk Choice

Strawberry Yogurt Parfait **19**
Grapes
100% Juice
Milk Choice

Peach Smoothie **26**
Cinnamon Toast
Grapes
100% Juice
Milk Choice

Friday

6

13

20

27

