

December 2025

MLK Jr. Education Center Breakfast Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2 oz WG Breakfast Bar 1/2 c. Diced Pears 4 oz 100% Apple Juice 8 oz Milk	2	HOT BREAKFAST 2.43 oz. Cinnamon Cream Cheese Mini Bagels 1/2 c. Diced Peaches 4 oz 100% Fruit Punch 8 oz Milk	3	1 oz WG Frosted Flakes Cereal 1 oz. String Cheese 1/2 c. Mandarin Oranges 4 oz 100% Grape Juice 8 oz Milk	4	HOT BREAKFAST 2 oz. Maple Eggo Bite Waffles 1/2 c. Mixed Fruit 4 oz 100% Orange Juice 8 oz Milk	5	2 oz. WG Blueberry Muffin 1/2 c. Applesauce 4 oz 100% Apple Juice 8 oz Milk
8	1 oz. Kellogs Cinnamon Toast Cereal 1 oz. String Cheese 1/2 c. Diced Pears 4 oz 100% Grape Juice 8 oz Milk	9	HOT BREAKFAST 3 oz. Breakfast Pocket w/ Turkey Sausage, Egg & Cheese 1/2 c. Diced Pineapple 4 oz 100% Fruit Punch 8 oz Milk	10	2 oz WG Triple Berry Crunch Bar 1/2 c. Diced Peaches 4 oz 100% Orange Juice 8 oz Milk	11	HOT BREAKFAST 2 oz WG Bagel & Cream Cheese 1/2 c. Mandarin Oranges 4 oz 100% Apple Juice 8 oz Milk	12	(2) WG Cinnamon Poptarts 1/2 c. Mixed Fruit 4 oz 100% Fruit Punch 8 oz Milk
15	1 oz WG Trix Cereal 1 oz WG Animal Crackers 1/2 c. Applesauce 4 oz 100% Grape Juice 8 oz Milk	16	HOT BREAKFAST 2 oz. Fruit Loop Waffles 1/2 c. Diced Pineapple 4 oz 100% Orange Juice 8 oz Milk	17	2 oz. WG Blueberry Bread 1/2 c. Cherry Applesauce 4 oz 100% Apple Juice 8 oz Milk	18	HOT BREAKFAST 4 oz. Sausage & Cheese Bagel 1/2 c. Diced Peaches 4 oz 100% Fruit Punch 8 oz Milk	19	2 oz WG Cinnamon Roll 1/2 c. Mandarin Oranges 4 oz 100% Grape Juice 8 oz Milk
									
						This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or Lactose			

