


Good Morning!  
HAVE A GREAT DAY  
beginning with  
BREAKFAST

Catholic Diocese of Cleveland  
Nutrition Services  
Nourishing Tomorrow, Today




**BREAKFAST Menu** Correspond the cycle week to the color-coordinated calendar below. **January-May 2022**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Assorted Bagels with Cream Cheese and Jelly <i>or</i> ) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich <i>or</i> ) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Dutch Waffle <i>or</i> ) Bowl of Cereal Applesauce Cup 100% Fruit Juice ½ Pt. Milk	Breakfast Pizza (Bacon, Egg & Cheese) <i>or</i> ) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk	Breakfast Muffin <i>or</i> ) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk
<b>2</b>	Breakfast Bun <i>or</i> ) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Dutch Waffle <i>or</i> ) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup <i>or</i> ) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry) <i>or</i> ) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Assorted Bagels with Cream Cheese and Jelly <i>or</i> ) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk
<b>3</b>	Breakfast Muffin <i>or</i> ) Bowl of Cereal Peach Cup 100% Fruit Juice ½ Pt. Milk	Breakfast Pizza (Bacon, Egg & Cheese) <i>or</i> ) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk	Breakfast Bun <i>or</i> ) Bowl of Cereal Applesauce 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich <i>or</i> ) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry) <i>or</i> ) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk
<b>4</b>	Poptarts (Cinnamon or Strawberry) <i>or</i> ) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup <i>or</i> ) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Dutch Waffle <i>or</i> ) Bowl of Cereal Peaches 100% Fruit Juice ½ Pt. Milk	Pancakes with Syrup <i>or</i> ) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk	Breakfast Bun <i>or</i> ) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk

Please note that regulations require that at least one fruit side be chosen with each breakfast.  
Substitutions of items may be necessary.

**This institution is an equal opportunity provider.**

January 2022

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan      Week 2 Meal Plan      Week 3 Meal Plan      Week 4 Meal Plan