



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 January 7 - 11	7 <ul style="list-style-type: none"> Greek Yogurt & Granola (V) Assorted Fresh Fruit Assorted Milk 	8 <ul style="list-style-type: none"> Scrambled Eggs Whole Grain Toast Assorted Fresh Fruit Assorted Milk 	9 <ul style="list-style-type: none"> Whole Grain Waffles Maple Syrup Assorted Fresh Fruit Assorted Milk 	10 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly 	11 <ul style="list-style-type: none"> Whole Grain Cinnamon Roll w/ Maple Syrup Assorted Fresh Fruit Assorted Milk 	
WEEK 2 January 14 - 18	14 <ul style="list-style-type: none"> Cereal Assorted Fresh Fruit Assorted Milk 	15 <ul style="list-style-type: none"> Vegetable Frittata Whole Grain Toast Assorted Fresh Fruit Assorted Milk 	16 <ul style="list-style-type: none"> French Toast w/ Maple Syrup Assorted Fresh Fruit Assorted Milk 	17 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly 	18 <ul style="list-style-type: none"> Oatmeal Muffin Squares Assorted Fresh Fruit Assorted Milk 	
WEEK 3 January 21-25	21 <p style="text-align: center;">No School</p> <p style="text-align: center;">Martin Luther King Day</p>	22 <ul style="list-style-type: none"> Vegetable Frittata Whole Grain Toast Assorted Fresh Fruit Assorted Milk 	23 <ul style="list-style-type: none"> French Toast w/ Maple Syrup Assorted Fresh Fruit Assorted Milk 	24 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly 	25 <ul style="list-style-type: none"> Oatmeal Muffin Squares Assorted Fresh Fruit Assorted Milk 	
WEEK 4 January 28 - 31	28 <ul style="list-style-type: none"> Greek Yogurt & Granola (V) Assorted Fresh Fruit Assorted Milk 	29 <ul style="list-style-type: none"> Breakfast Burrito Assorted Fresh Fruit Assorted Milk 	30 <ul style="list-style-type: none"> Whole Grain Pancakes Assorted Fresh Fruit Assorted Milk Maple Syrup 	31 <ul style="list-style-type: none"> Egg & Cheese Breakfast Sandwich Assorted Fresh Fruit Assorted Milk 		
Week 5						



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for Lycee in Eat Fit Schools Section for full nutrition facts.

*This Institution is an equal opportunity provider.