



January 2019

Sun Valley Academy

Breakfast Menu

Drink Water, LOTS of it!
Make sure to drink water before, during and after school. Staying hydrated helps you focus better at school.

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Pancake w Sausage Assorted Cereal Fruit, Juice, Milk	Omelet w Tortilla Assorted Cereal Fruit, Juice, Milk	yogurt w Cracker Assorted Cereal Fruit, Juice, Milk	Bagel w Cream Cheese Assorted Cereal Fruit, Juice, Milk	Burrito Bar Assorted Cereal Fruit, Juice, Milk
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Bacon w Egg & Tortilla Assorted Cereal Fruit, Juice, Milk	Omelet w Tortilla Assorted Cereal Fruit, Juice, Milk	Assorted Muffin w Cracker Assorted Cereal Fruit, Juice, Milk	Cinnamon Roll w Cracker Assorted Cereal Fruit, Juice, Milk	Burrito Bar Assorted Cereal Fruit, Juice, Milk
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
No School	Omelet w Tortilla Assorted Cereal Fruit, Juice, Milk	yogurt w Cracker Assorted Cereal Fruit, Juice, Milk	Assorted Muffin Assorted Cereal Fruit, Juice, Milk	Burrito Bar Assorted Cereal Fruit, Juice, Milk
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Potato & Egg w Tortilla Assorted Cereal Fruit, Juice, Milk	Omelet w Tortilla Assorted Cereal Fruit, Juice, Milk	Cinnamon Roll w Cracker Assorted Cereal Fruit, Juice, Milk	Danish W Cracker Assorted Cereal Fruit, Juice, Milk	

MENUS SUBJECT TO CHANGE

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Website: <http://www.Healthyinnovationsaz.com>

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