

Dr. Martin Luther King, Jr. Day



Dr. King delivered his famous "I Have A Dream" speech in 1963, on the steps of the Lincoln Memorial in Washington, D.C.

By Presidential proclamation, Martin Luther King, Jr. Day is always observed on the third Monday in January.

The Martin Luther King, Jr. Memorial in Washington, D.C. was dedicated on Sunday, October 16, 2011.



Cheektowaga CSD High & Middle School Breakfast Menu January 2019

Start your day
right with
Breakfast!

7:00 to 7:20 HS
7:45 to 8:05 MS



1

Select One
**Yogurt w/
Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
100 % Fruit Punch
Juice Cup
Frosty Milk Variety

2

Select One
**Apple Cinnamon
Muffin**
w/ Graham Crackers
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

3

Select One
**French Toast Sticks
& Syrup**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Grape Juice Cup
Frosty Milk Variety

4

Students must have 3 components for a complete Meal, 1 must be Fresh Fruit, Canned Fruit or Fruit Juice up to 1 cup.

Select One
**Apple Frudel
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Orange Juice Cup
Frosty Milk Variety

7

Select One
**Egg & Cheese Bagel
Breakfast Sandwich**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

8

Select One
**Yogurt w/
Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
100 % Fruit Punch
Juice Cup
Frosty Milk Variety

9

Select One
**Chocolate Chip
Muffin**
w/ Graham Crackers
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

10

Select One
**WG Pancakes
& Syrup**
Assorted Cereal
w/ Graham Cracker

Select One or Two
Fruit Variety
Grape Juice Cup
Frosty Milk Variety

11

Select One
**Cherry Frudel
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Orange Juice Cup
Frosty Milk Variety

14

**Egg & Cheese
Breakfast Burrito**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

15

Select One
**Yogurt w/
Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
100 % Fruit Punch
Juice Cup
Frosty Milk Variety

16

Select One
**UBR (ultimate
breakfast round)
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

17

Select One
**French Toast Sticks
& Syrup**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Grape Juice Cup
Frosty Milk Variety

18

**Dr. Martin Luther
King Jr. Day**



No School

21

HS Regents Exam 22

Select One
**Super Donut
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

22

HS Regents Exam 23

Select One
**Yogurt w/
Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
100 % Fruit Punch
Juice Cup
Frosty Milk Variety

23

HS Regents Exam 24

Select One
**Blueberry Muffin
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

24

HS Regents Exam 25

Select One
**WG Pancakes
& Syrup**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Grape Juice Cup
Frosty Milk Variety

25

Select One
**Assorted
Cereal Bars
w/ Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Orange Juice Cup
Frosty Milk Variety

28

Select One
**Egg & Cheese Bagel
Breakfast Sandwich**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

29

Select One
**Yogurt w/
Graham Crackers**
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
100 % Fruit Punch
Juice Cup
Frosty Milk Variety

30

Select One
**Chocolate Chip
Muffin**
w/ Graham Crackers
Assorted Cereals
w/ Graham Cracker

Select One or Two
Fruit Variety
Apple Juice Cup
Frosty Milk Variety

31

**Breakfast FREE
in High & Middle
School
Milk \$.60**

Served Daily
Warm Bagels &
PB&J Sandwiches