



Catholic Diocese of Cleveland
Nutrition Services
Nourishing Tomorrow, Today


Good Morning!
HAVE A
GREAT DAY
beginning
with
BREAKFAST

BREAKFAST Menu

Correspond the cycle week to the
color-coordinated calendar below.

January-
May 2026

| CYCLE WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|---|---|--|--|--|
| 1 | 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 | Cinnamon Roll <i>or</i>) Bowl of Cereal Peaches 100% Fruit Juice ½ Pt. Milk | Breakfast Muffin <i>or</i>) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk |
| 2 | 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 |
| 3 | 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 Strawberry Cup 100% Fruit Juice ½ Pt. Milk | Cinnamon Roll <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 Pears 100% Fruit Juice ½ Pt. Milk |
| 4 | Breakfast Bun <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 Mixed Fruit 100% Fruit Juice ½ Pt. Milk | Poptarts (Cinnamon or Strawberry) <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.

USDA is an equal opportunity provider, employer, and lender.

| January 2026 | | | | | | |
|--------------|----|----|----|----|----|----|
| 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 |

| February 2026 | | | | | | |
|---------------|----|----|----|----|----|----|
| 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 | | | | |

| March 2026 | | | | | | |
|------------|----|----|----|----|----|----|
| 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 2026 | | | | | | |
|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| May 2026 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | 1 | 2 | 3 |
| 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 |



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan