



BREAKFAST

JANUARY 2022

Forge International School

Monday

Apple Frudal
Fruit
100% Juice
Choice of Milk

3

Tuesday

Tornados
Fruit
100% Juice
Choice of Milk

4

Wednesday

Cereal Bar
Fruit
Yogurt
100% Juice
Choice of Milk

5

Thursday

Pop-tart
Fruit
100% Juice
Choice of Milk

6

Friday

NO SCHOOL

7

Cereal Bar
Fruit
Yogurt
100% Juice
Choice of Milk

10

Frudal
Fruit
100% Juice
Choice of Milk

11

Oat Bar
Fruit
Yogurt
100% Juice
Choice of Milk

12

Breakfast Pizza (pork free)
Fruit
100% Juice
Choice of Milk

13

NO SCHOOL

14

NO SCHOOL
MLK Day

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.
-Martin Luther King Jr.

17

Pop-tart
Fruit
100% Juice
Choice of Milk

18

Breakfast Calzone
Fruit
100% Juice
Choice of Milk

19

Frudal
Fruit
100% Juice
Choice of Milk

20

NO SCHOOL

21

Frudal
Fruit
100% Juice
Choice of Milk

24

Tornados
Fruit
100% Juice
Choice of Milk

25

Cereal Bar
Fruit
Yogurt
100% Juice
Choice of Milk

26

Pop-tart
Fruit
100% Juice
Choice of Milk

27

NO SCHOOL

28

Frudal
Fruit
100% Juice
Choice of Milk

31