

Mundelein High School

January 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 Strawberry Yogurt Parfait 
Homemade French Toast
Blueberry Yogurt Parfait 
Mixed Fruit Cup

6 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

7 Strawberry Yogurt Parfait 
Pork Sausage, Egg & Cheese
Bagel 
Blueberry Yogurt Parfait 
Mixed Fruit Cup

1 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

2 Strawberry Yogurt Parfait 
Egg & Cheese Bagel 
Blueberry Yogurt Parfait 
Mixed Fruit Cup

12 Strawberry Yogurt Parfait 
Homemade French Toast
Blueberry Yogurt Parfait 
Mixed Fruit Cup

13 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

14 Pork Sausage, Egg & Cheese
Bagel 
Strawberry Yogurt Parfait 
Blueberry Yogurt Parfait 
Mixed Fruit Cup

15 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

16 Strawberry Yogurt Parfait 
Egg & Cheese Biscuit
Blueberry Yogurt Parfait 
Mixed Fruit Cup

19 Strawberry Yogurt Parfait 
Homemade French Toast
Blueberry Yogurt Parfait 
Mixed Fruit Cup

20 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

21 Strawberry Yogurt Parfait 
Pork Sausage, Egg & Cheese
Bagel 
Blueberry Yogurt Parfait 
Mixed Fruit Cup

22 Strawberry Yogurt Parfait 
Oatmeal
Blueberry Yogurt Parfait 
Mixed Fruit Cup

23 Strawberry Yogurt Parfait 
Egg & Cheese Biscuit
Blueberry Yogurt Parfait 
Mixed Fruit Cup

26 Strawberry Yogurt Parfait 
Homemade French Toast
Blueberry Yogurt Parfait 
Mixed Fruit Cup

27

28

29

30