



**Mt. Diablo Unified School District**  
*Everyday, we nourish students for academic success.*



# January 2026

## Elementary Breakfast Menu

Menu Subject to Change without Notice

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Local, Organic Cereal Available Daily

5

Pancake Bites



6

Bagel w/Strawberry  
Cream Cheese



7

Cinnamon Sugar  
Croissant



8

Yogurt Cup  
w/Fig Bar



9

French Toast Bake  
w/Cinnamon Apples



12

Turkey Sausage  
& Egg Breakfast  
Burrito



13

Banana Chocolate  
Chip Muffin



14

Maple Waffle



15

Overnight Oats  
w/Spiced Apples



16

Crepe w/Fruit &  
Chocolate Sauce



19

**Martin Luther King  
Jr. Day**

20

Bagel w/Strawberry  
Cream Cheese



21

Cinnamon Sugar  
Croissant



22

Yogurt Cup  
w/Fig Bar



23

French Toast Bake  
w/Cinnamon Apples



26

Turkey Sausage  
& Egg Breakfast  
Burrito



27

Banana Chocolate  
Chip Muffin



28

Maple Waffle



29

Overnight Oats  
w/Spiced Apples



30

Crepe w/Fruit &  
Chocolate Sauce



### JOKES

**Every student gets 1  
No Cost Breakfast  
and 1 No Cost lunch  
every School Day!**

**Seasonal Fruits,  
Vegetables and Low-  
Fat or Non-Fat Milk  
offered Daily!**

What did one bok choy say to the  
other as it was leaving?  
"I'll be bok!"

What's the best food to eat in  
January?  
Brrr-itos!

### HARVEST OF THE MONTH



**Bok Choy**

### FARM OF THE MONTH

For nearly 60 years, our family has farmed along the wild and unpredictable Yuba River—the inspiration behind the name Wild River.

This untamed waterway surges from the Sierra Nevada into the Sacramento Valley, depositing nutrient-rich topsoil during its natural flood cycles. Instead of trying to control the river, our family embraced its rhythm, adapting our farming practices to work with the land's unique ecology. This harmony with nature forms the core of The Wild River Way and has helped our organically grown orchards and vineyards flourish, producing more than 30 fruit varieties known for outstanding flavor, nutrition, and consistency.

As a third-generation, vertically integrated farm, we carefully steward each piece of fruit from bloom through harvest, packing, and shipping. Our holistic approach avoids synthetic chemicals and relies on natural systems—like the barn owls that live in our owl boxes and eliminate more than 40,000 rodents each year. These thriving ecosystems, combined with microbe-rich soils restored by every flood, allow us to grow nutrient-dense fruit with exceptional brix, dry matter, and taste. At Wild River, nature, people, and farming exist in balance, and we're proud to share the delicious results with families who value quality grown the natural way.

- Housemade**
- Local Product**
- Whole Grain**
- Organic**
- Grass Fed**
- Vegetarian**
- Vegan**
- Halal**

We are an equal  
opportunity provider