



**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

6

7

8

9

Pancake Bites

Bagel w/Strawberry  
Cream Cheese

Cinnamon Sugar  
Croissant

Yogurt Cup  
w/Fig Bar

French Toast Bake  
w/Cinnamon Apples



12

13

14

15

16

Turkey Sausage  
& Egg Breakfast  
Burrito

Banana Chocolate  
Chip Muffin

Maple Waffle

Overnight Oats  
w/Spiced Apples

Crepe w/Fruit &  
Chocolate Sauce



19

20

21

22

23

**Martin Luther King  
Jr. Day**

Bagel w/Strawberry  
Cream Cheese

Cinnamon Sugar  
Croissant

Yogurt Cup  
w/Fig Bar

French Toast Bake  
w/Cinnamon Apples



26

27

28

29

30

Turkey Sausage  
& Egg Breakfast  
Burrito

Banana Chocolate  
Chip Muffin

Maple Waffle

Overnight Oats  
w/Spiced Apples

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!**

### 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