

January 2018

Welcome a New Year!

BREAKFAST



Juice Choice- Apple or Orange
Milk Choice- Skim Chocolate,
Skim White or 1% White



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

No School Today

2

No School Today

3

No School Today Teacher
In Service

4

French Toast Sticks
Orange Halves
Fruit Juice
Milk

5

Breakfast Pizza
Diced Peaches
Fruit Juice
Milk Choice

8

Waffle w/Syrup
Apple Halves
Fruit Juice
Milk Choice

9

Whole Wheat Bagel
With Cream Cheese
Pineapple Tidbits,
Fruit Juice, Milk Choice

10

Cinnamon Roll
Banana
Fruit Juice
Milk Choice

11

Sausage Biscuit
Orange Halves
Fruit Juice
Milk Choice

12

Egg Taco w/Salsa
Apple Sauce
Fruit Juice
Milk Choice

15

No School Today
Teacher In Service

16

Pancake on a Stick
Banana
Fruit Juice
Milk Choice

17

Whole Grain Muffin
Tropical Fruit
Fruit Juice
Milk Choice

18

Biscuit & Gravy
Apple
Fruit Juice
Milk Choice

19

Whole Grain Cereal
Cheese stick
Fruit Juice
Milk Choice

22

Breakfast Pizza
Diced Pears
Fruit Juice
Milk Choice

23

Whole Wheat Bagel
With Cream Cheese
Pineapple Tidbits
Fruit Juice, Milk Choice

24

Waffles w/Syrup
Sausage Patty
Apple
Fruit Juice, Milk Choice

25

Cinnamon Roll
Mandarin Oranges
Fruit Juice
Milk Choice

26

Chicken Biscuit
Diced Pears
Fruit Juice
Milk Choice

29

Whole Grain Cereal
Yogurt Cup
Orange Halves
Fruit Juice, Milk Choice

30

French Toast Sticks
Orange Halves
Fruit Juice
Milk Choice

31

Biscuit & Gravy
Diced Peaches
Fruit Juice
Milk Choice

