

January 2020

Elementary & Middle/High School

BREAKFAST



Good Morning Ell-Saline
Have a Great Day!



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

Monday



No School Today
Teacher In Service

6

Tuesday



WG=Whole Grain

Pancake on a Stick
Syrup cup
Apple Quarters
Juice Choice
Milk Choice

7

Wednesday

Happy New Year!

1

2020

WG Cereal
Yogurt Cup
Banana
Juice Cup
Milk Choice

8

Thursday

No School Today

2

Breakfast Pizza
Orange Halves
Juice Cup
Milk Choice

9

Friday

No School Today

3

WG Cereal
Cheese Stick
Diced Peaches
Juice Cup
Milk Choice

10

Sausage Biscuit
Apple Quarters
Juice Choice
Milk Choice

13

Whole Grain Muffin
Cereal Choice
Diced Pears
Juice Choice
Milk Choice

14

French Toast Sticks
Syrup Cup
Orange
Juice Choice, Milk Choice

15

WG Cereal
Cheese Stick
Banana
Juice Choice
Milk Choice

16

Biscuit & Cream Gravy
Juice Choice
Milk Choice
MS/HS Sausage Patty

17

No School Today
Teacher-In- Service

20

WG Cereal
Yogurt Cup
Banana, Juice Cup
Milk Choice

21

Breakfast Pizza
Orange Halves
Juice Cup
Milk Choice

22

Pancake on a Stick
Syrup Cup
Juice Choice
Milk Choice

23

WG Cinnamon Roll
MS/HS WG Cereal
Juice Choice
Milk Choice

24

French Toast Sticks
Syrup Cup
Apple Quarters
Juice Cup
Milk Choice

27

WG Cereal
Yogurt Cup
Banana
Juice Cup
Milk Choice

28

Biscuit & Cream Gravy
Juice Cup
Milk Choice
MS/HS Sausage Patty

29

WG Cereal
Cheese Stick
Juice Cup
Milk Choice

30

Whole Grain Muffin
Cereal Choice
Juice Cup
Milk Choice

31