

January 2019

Middle School

BREAKFAST



Nondiscrimination Statement: This institution is an equal opportunity employer.



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



Mini Cinnamon Rolls
Orange Juice
Milk

7

French Toast Bites
Fruit Cup
Milk

14



Martin Luther King, Jr. Day

21

French Toast Bites
Fruit Cup
Milk

28

Tuesday



1

Toast w/ Yogurt
Fruit Cup
Milk

8

Breakfast Sandwich
Orange Juice
Milk

15

Toast w/ Yogurt
Fruit Cup
Milk

22

Breakfast Sandwich
Orange Juice
Milk

29

Wednesday



2

Pancake 'N Sausage
Orange Juice
Milk

9

Cinnamon Cake
Applesauce Cup
Milk

16

Pancake 'N Sausage
Orange Juice
Milk

23

Cinnamon Cake
Applesauce Cup
Milk

30

Thursday

Bagels
Orange Juice
Milk

3

Waffles
Orange Juice
Milk

10

Bagels
Orange Juice
Milk

17

Waffles
Orange Juice
Milk

24

Bagels
Orange Juice
Milk

31

Friday

Biscuits & Gravy
Orange Juice
Milk

4

Breakfast Pizza
Applesauce Cup
Milk

11

Biscuits & Gravy
Orange Juice
Milk

18

Breakfast Pizza
Applesauce Cup
Milk

25

