

January 2019

Elementary 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

Tuesday



1

Toast w/ Yogurt
Fruit Cup
Milk

8

Wednesday



2

Pancake 'N Sausage
Orange Juice
Milk

9

Thursday

Bagels
Orange Juice
Milk

3

Waffles
Orange Juice
Milk

10

Friday

Biscuits & Gravy
Orange Juice
Milk

4

Breakfast Pizza
Applesauce Cup
Milk

11

French Toast Bites
Fruit Cup
Milk

14

Breakfast Sandwich
Orange Juice
Milk

15

Cinnamon Cake
Applesauce Cup
Milk

16

Bagels
Orange Juice
Milk

17

Biscuits & Gravy
Orange Juice
Milk

18



Martin Luther King, Jr. Day

21

Toast w/ Yogurt
Fruit Cup
Milk

22

Pancake 'N Sausage
Orange Juice
Milk

23

Waffles
Orange Juice
Milk

24

Breakfast Pizza
Applesauce Cup
Milk

25

French Toast Bites
Fruit Cup
Milk

28

Breakfast Sandwich
Orange Juice
Milk

29

Cinnamon Cake
Applesauce Cup
Milk

30

Bagels
Orange Juice
Milk

31

