

JANUARY 2019

HOT BREAKFAST MENU GRADES 6-12




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p style="text-align: right;">1</p> <p>NEW YEAR DAY NO SCHOOL</p>	<p style="text-align: right;">2</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin</p> <p>Hash Brown Rounds</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">3</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">4</p> <p>Whole Grain Oatmeal OR Whole Grain Pancakes with Syrup</p> <p>Scrambled Eggs</p> <p>Turkey Sausage</p> <p>Fruit Choice</p> <p>Milk Choice</p>
<p style="text-align: right;">7</p> <p>Turkey Bacon, and Egg Whole Grain "Breakfast Pizza"</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">8</p> <p>Mini Whole Grain Maple Waffles, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">9</p> <p>Early Release Day "Build Your Own Breakfast" is served (see menu)</p>	<p style="text-align: right;">10</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg, and Cheese</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">11</p> <p>Warm Whole Grain Cheese Grits OR Scrambled Eggs</p> <p>Turkey Bacon</p> <p>Cheese Grits</p> <p>Fruit Choice</p> <p>Milk Choice</p>
<p style="text-align: right;">14</p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">15</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">16</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin</p> <p>Hash Brown Rounds</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">17</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;">18</p> <p>Whole Grain Oatmeal OR Whole Grain Pancakes with Syrup</p> <p>Scrambled Eggs</p> <p>Turkey Sausage</p> <p>Fruit Choice</p> <p>Milk Choice</p>

<p style="text-align: right;">21</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: right;">22</p> <p>Turkey Bacon, and Egg Whole Grain "Breakfast Pizza"</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Mini Whole Grain Blueberry Pancakes, with Syrup</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg, and Cheese</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">25</p> <p>Warm Whole Grain Sweet Grits OR Scrambled Eggs Turkey Bacon Sweet Grits Fruit Choice Milk Choice</p>
<p style="text-align: right;">28</p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">29</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p><i>Early Release Day</i> "Build Your Own Breakfast" is served (see menu)</p>	<p style="text-align: right;">31</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice Milk Choice</p>	

We serve reduced sugar and whole grains every day!

Eating a nutritious breakfast helps everyone fuel up for
success in the classroom and beyond!

Breakfast is offered EVERY morning!

Although we make every effort to
serve menus as planned, this
menu may change without notice.

This Is An Equal Opportunity Institution