



BREAKFAST @SCHOOL

For first-class learning!

DEKALB COUNTY SCHOOL DISTRICT

Featuring
Healthy Fruits
& Grains!

Middle/High School Breakfast
January 2020

This institution is an equal opportunity provider.

Monday, January 6

Great Beginnings

Choice of Cereal with
Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):

Assorted Juice
Seasonal Fresh Fruit

Tuesday, January 7

Great Beginnings

Chicken & Waffle

Cinnamon Toast Crunch
Pastry Spinach &

Cheese Omelet with
Toast

Fruity Delights (1-2):

Assorted Juice
Sliced Peaches

Wednesday, January 8

Great Beginnings

Paradise Parfait Turkey

Sausage Biscuit Morning

Pastry to Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice
Chilled Pears

Thursday, January 9

Great Beginnings

Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):

Assorted Juice
Bananas

Friday, January 10

Great Beginnings

Pancake N Link

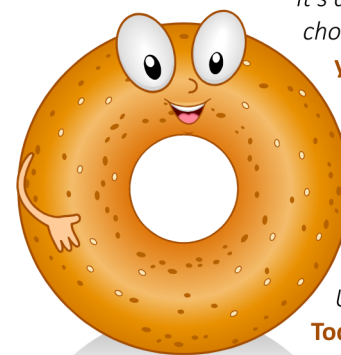
Toasted Croissant with Jelly

Island Parfait

Fruity Delights (1-2):

Assorted Juice
Applesauce

Breakfast Bites!



It's a popular breakfast
choice today, but **Greek**
yogurt hasn't really
been a thing for very
long. In fact, as
recently as
2007, Greek
yogurt accounted for
less than 1% of all
U.S. yogurt sales.
Today, that figure is
more than 50%!

Monday, January 13

Great Beginnings

Choice of Cereal with Toast

Turkey Sausage Biscuit

Chicken Biscuit

Fruity Delights (1-2):

Assorted Juice
Seasonal Fresh Fruit

Tuesday, January 14

Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):

Assorted Juice
Sliced Peaches

Wednesday, January 15

Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice
Chilled Pears

Thursday, January 16

Great Beginnings

Maple French Toast Sticks with
Sausage Links

Assorted Cereal with Homemade
Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):

Assorted Juice
Bananas

Friday, January 17

Great Beginnings

Scrambled Eggs With Turkey Bacon &
Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):

Assorted Juice
Applesauce

First things First

Choose at least ONE
serving of FRUIT and at
least THREE items TOTAL
so your meal counts as a Complete Breakfast!

BREAKFAST@SCHOOL
For first-class learning!

First things First

To make a breakfast,
choose at least one



or



and at
least
three
items
total



DEKALB COUNTY SCHOOL DISTRICT
SCHOOL NUTRITION SERVICES

Monday, January 20
MLK Holiday
School Closed



Tuesday, January 21

Great Beginnings
Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wednesday, January 22

Great Beginnings
Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thursday, January 23

Great Beginnings
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):
Assorted Juice
Bananas

Friday, January 24

Great Beginnings
Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce

Monday, January 27

Great Beginnings
Choice of Cereal with Blueberry Muffin Bread

Country Chicken Biscuit

Turkey Sausage Biscuit

Fruity Delights (1-2):
Assorted Juice
Seasonal Fresh Fruit

Tuesday, January 28

Great Beginnings
Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wednesday, January 29

Great Beginnings
Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thursday, January 30

Great Beginnings
Maple French Toast Sticks with Turkey Sausage Links

Assorted Cereal with Homemade Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):
Assorted Juice
Bananas

Friday, February 31

Great Beginnings
Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):
Assorted Juice
Applesauce

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Learn more about free and reduced-price meals: www.dekalbschoolsga.org/school-nutrition.



**JANUARY
BIRTHDAYS**

Ellis Island (127) -- Jan. 1
Bradley Cooper (44) -- Jan. 5
Kate Middleton (36) -- Jan. 9
Dr. Martin Luther King -- Jan. 15
Drew Brees (39) -- Jan. 15
Michelle Obama (54) -- Jan. 17

