



# BREAKFAST @SCHOOL

**For first-class learning!**

**DEKALB COUNTY SCHOOL DISTRICT**

Featuring  
Healthy Fruits  
& Grains!

Elementary School Breakfast  
January 2020

*This institution is an equal opportunity provider.*

## Monday, January 6

### Great Beginnings

Raspberry Yogurt with V  
Homemade Blueberry Muffin Bread V  
Choice of Cereal with Blueberry Muffin Bread

### Fruity Delights (1-2):

Apple Juice  
Seasonal Fresh Fruit

## Tuesday, January 7

### Great Beginnings

Chicken & Waffle

Cinnamon Toast Crunch Pastry

### Fruity Delights (1-2):

Strawberry Kiwi Juice  
Sliced Peaches

## Wednesday, January 8

### Great Beginnings

Paradise Parfait

Cereal Choice with Homemade  
Blueberry Muffin Bread

### Fruity Delights (1-2):

White Grape Juice  
Chilled Pears

## Thursday, January 9

### Great Beginnings

Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

### Fruity Delights (1-2):

Orange Tangerine Juice  
Bananas

## Friday, January 10

### Great Beginnings

Pancake N Link

Toasted Croissant with Jelly

### 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

Country Chicken Biscuit

Choice of Cereal with Toast

### Fruity Delights (1-2):

Apple Juice  
Apple Wedges

## Tuesday, January 14

### Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

### Fruity Delights (1-2):

Fruit Punch Juice  
Sliced Peaches

## Wednesday, January 15

### Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit  
With: Southern Grits

### Fruity Delights (1-2):

White Grape Juice  
Chilled Pears

## Thursday, January 16

### Great Beginnings

Maple French Toast Sticks

Assorted Cereal with Homemade  
Blueberry Muffin Bread

### Fruity Delights (1-2):

Orange Tangerine Juice  
Bananas

## Friday, January 17

### Great Beginnings

Scrambled Eggs With Turkey Bacon &  
Toast

Assorted Cereal with Toast V

### 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!**

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# 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

**Fruity Delights (1-2):**

Strawberry Kiwi Juice  
Sliced Peaches

Wednesday, January 22

**Great Beginnings**  
Paradise Parfait

Cereal Choice with Homemade  
Blueberry Muffin Bread

**Fruity Delights (1-2):**

White Grape Juice  
Chilled Pears

Thursday, January 23

**Great Beginnings**  
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

**Fruity Delights (1-2):**

Orange Tangerine Juice  
Bananas

Friday, January 24

**Great Beginnings**  
Pancake N Link

Toasted Croissant with Jelly

**Fruity Delights (1-2):**

Assorted Juice  
Applesauce

Monday, January 27

**Great Beginnings**  
Country Chicken Biscuit

Choice of Cereal with Toast

**Fruity Delights (1-2):**

Apple Juice  
Seasonal Fresh Fruit

Tuesday, January 28

**Great Beginnings**  
Breakfast Pizza

Toasted Croissant with Jelly

**Fruity Delights (1-2):**

Fruit Punch Juice  
Sliced Peaches

Wednesday, January 29

**Great Beginnings**  
Peaches N Cream Parfait

Turkey Sausage Biscuit  
With: Southern Grits

**Fruity Delights (1-2):**

White Grape Juice  
Chilled Pears

Thursday, January 30

**Great Beginnings**  
Maple French Toast Sticks

Assorted Cereal with Homemade  
Blueberry Muffin Bread

**Fruity Delights (1-2):**

Orange Tangerine Juice  
Bananas

Friday, February 31

**Great Beginnings**  
Scrambled Eggs With Turkey Bacon &  
Toast

Assorted Cereal with Toast V

**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](http://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

