

BREAKFAST @SCHOOL

For first-class learning!

DEKALB COUNTY SCHOOL DISTRICT

Featuring
Healthy Fruits
& Grains!

Elementary Express Breakfast
January 2020

This institution is an equal opportunity provider.

Monday, January 6

Turkey Sausage Biscuit

Orange Tangerine Juice
Fruit Cocktail

Milk

Tuesday, January 7

Raspberry Yogurt With Granola

Fruit Punch Juice
Applesauce

Milk

Wednesday, January 8

Assorted Cereal with Texas Toast

Strawberry Kiwi Juice
Fresh Banana

Milk

Thursday, January 9

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

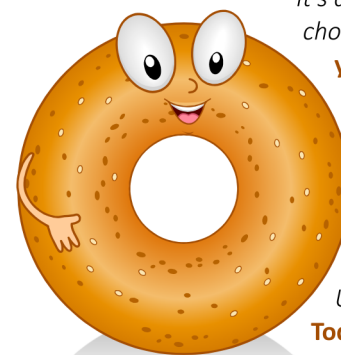
Friday, January 10

Pancake N Link

Assorted Juice
Mandarin Oranges

Milk

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

Country Chicken Biscuit

Orange Tangerine
Fruit Cocktail

Milk

Tuesday, January 14

French Toast Sticks

Fruit Punch
Applesauce

Milk

Wednesday, January 15

Assorted Cereal
with Texas Toast ▼

Strawberry Kiwi Juice
Fresh Banana

Milk

Thursday, January 16

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, January 17

Raspberry Yogurt ▼
Homemade Blueberry Muffin
Bread

Assorted Juice
Mandarin Oranges
Milk

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

French Toast Sticks

Fruit Punch
Applesauce

Milk

Wednesday, January 22

Assorted Cereal
with Texas Toast V

Strawberry Kiwi Juice
Fresh Banana

Milk

Thursday, January 23

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, January 24

Raspberry Yogurt V
Homemade Blueberry Muffin
Bread

Assorted Juice
Mandarin Oranges

Milk

Monday, January 27

Country Chicken Biscuit

Orange Tangerine
Fruit Cocktail

Milk

Tuesday, January 28

Raspberry Yogurt With Granola

Fruit Punch Juice
Applesauce

Milk

Wednesday, January 29

Assorted Cereal with Texas Toast

Strawberry Kiwi Juice
Fresh Banana

Milk

Thursday, January 30

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, February 31

Pancake N Link

Assorted Juice
Mandarin Oranges

Milk

WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast

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

