



# BREAKFAST @SCHOOL

**For first-class learning!**

**DEKALB COUNTY SCHOOL DISTRICT**

Featuring  
Healthy Fruits  
& Grains!

Middle/High 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

Assorted Cereal with Texas Toast

Fruit Punch Juice  
Applesauce

Milk

## Wednesday, January 8

Chicken Biscuit

Strawberry Kiwi Juice  
Fresh Banana

Milk

## Thursday, January 9

Raspberry Yogurt with Blueberry  
Pan Bread with Jelly

Apple Juice  
Chilled Peaches

Milk

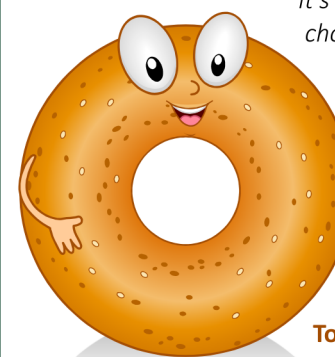
## Friday, January 10

Pancake N Link

Assorted Juice  
Orange Wedges

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

Assorted Cereal  
With Homemade Blueberry Pan  
Bread

Fruit Punch Juice  
Applesauce

Milk

## Wednesday, January 15

Cinnamon Toast Crunch Pastry V

Strawberry Kiwi Juice  
Fresh Banana

Milk

## Thursday, January 16

Toasted Croissant with Jelly

Apple Juice  
Chilled Peaches

Milk

## Friday, January 17

Raspberry Yogurt V  
Homemade Blueberry Muffin  
Bread

Assorted Juice  
Oranges Wedges

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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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

Assorted Cereal with Blueberry  
Pan Bread

Fruit Punch Juice  
Applesauce

Milk

Wednesday, January 22

Chicken Biscuit

Strawberry Kiwi Juice  
Fresh Banana

Milk

Thursday, January 23

Raspberry Yogurt with Blueberry  
Pan Bread with Jelly

Apple Juice  
Chilled Peaches

Milk

Friday, January 24

Pancake N Link

Assorted Juice  
Orange Wedges

Milk

Monday, January 27

Country Chicken Biscuit

Orange Tangerine  
Fruit Cocktail

Milk

Tuesday, January 28

Assorted Cereal  
With Texas Toast

Fruit Punch Juice  
Applesauce

Milk

Wednesday, January 29

Cinnamon Toast Crunch Pastry V

Strawberry Kiwi Juice  
Fresh Banana

Milk

Thursday, January 30

Toasted Croissant with Jelly

Apple Juice  
Chilled Peaches

Milk

Friday, February 31

Go Big Strawberry Yogurt V  
Homemade Blueberry Muffin  
Bread

Assorted Juice  
Oranges Wedges

# 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

