



BREAKFAST @SCHOOL

For first-class learning!

DEKALB COUNTY SCHOOL DISTRICT

Featuring
Healthy Fruits
& Grains!

Pre-K Express Breakfast
January 2020

This institution is an equal opportunity provider.

Monday, January 6

- Country Chicken Biscuit
- Orange Tangerine
- Non Flavored Milk

Tuesday, January 7

- French Toast Sticks
- Fruit Punch
- Non Flavored Milk

Wednesday, January 8

- Frosted Mini Wheat Cereal with Texas Toast **V**
- Fresh Banana
- Non Flavored Milk

Thursday, January 9

- Toasted Croissant
- Chilled Peaches
- Non Flavored Milk

Friday, January 10

- Raspberry Yogurt **V**
- Blueberry Pan Bread
- Assorted Juice
- Non Flavored Milk

Monday, January 13

- Turkey Sausage Biscuit
- Orange Tangerine Juice
- Non Flavored Milk

Tuesday, January 14

- Raspberry Yogurt With Granola Applesauce
- Non Flavored Milk

Wednesday, January 15

- Frosted Mini Wheat Cereal with Texas Toast
- Fresh Banana
- Non Flavored Milk

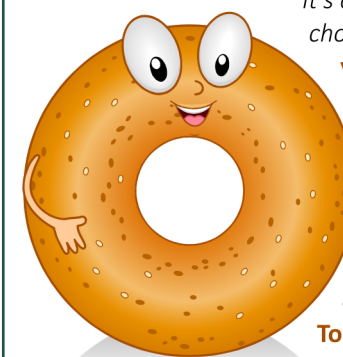
Thursday, January 16

- Toasted Croissant
- Chilled Peaches
- Non Flavored Milk

Friday, January 17

- Pancake N Link
- Assorted Juice
- Non Flavored 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%!

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

French Toast Sticks
Fruit Punch
Non Flavored Milk

Wednesday, January 22

Frosted Mini Wheats Cereal with
Texas Toast V
Fresh Banana
Non Flavored Milk

Thursday, January 23

Toasted Croissant
Apple Juice
Non Flavored Milk

Friday, January 24

Raspberry Yogurt V
Homemade Blueberry Muffin
Bread
Oranges Wedges
Non Flavored Milk

Monday, January 27

Turkey Sausage Biscuit
Orange Tangerine Juice
Non Flavored Milk

Tuesday, January 28

Raspberry Yogurt With Granola
Applesauce
Non Flavored Milk

Wednesday, January 29

Frosted Mini Wheat Cereal with
Texas Toast
Strawberry Kiwi Juice
Non Flavored Milk

Thursday, January 30

Toasted Croissant
Chilled Peaches
Non Flavored Milk

Friday, February 31

Pancake N Link
Assorted Juice
Non Flavored Milk

WE HAVE YOUR
NEW YEAR'S
RESOLUTION

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

Breakfast \$ 1.55



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



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