



BREAKFAST @SCHOOL

For first-class learning!

DEKALB COUNTY SCHOOL DISTRICT

Featuring
Healthy Fruits
& Grains!

Pre-K 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

Fruity Delights

Apple Juice

Unflavored Milk

Tuesday, January 7

Great Beginnings
Chicken & Waffle

Fruity Delights

Strawberry Kiwi Juice

Unflavored Milk

Wednesday, January 8

Great Beginnings
Frosted Mini Wheat with Homemade
Blueberry Muffin Bread

Fruity Delights

White Grape Juice

Unflavored Milk

Thursday, January 9

Great Beginnings
Cheesy Scrambled Eggs with Toast

Fruity Delights

Bananas

Unflavored Milk

Friday, January 10

Great Beginnings
Pancake N Link

Fruity Delights

Applesauce

Unflavored 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

Great Beginnings
Country Chicken Biscuit

Fruity Delights

Apple Juice

Unflavored Milk

Tuesday, January 14

Great Beginnings
Breakfast Pizza

Fruity Delights

Fruit Punch Juice

Unflavored Milk

Wednesday, January 15

Great Beginnings
Turkey Sausage Biscuit

Fruity Delights

Chilled Pears

Unflavored Milk

Thursday, January 16

Great Beginnings
Frosted Mini Wheat Cereal with
Homemade Blueberry Muffin Bread

Fruity Delights

Bananas

Unflavored Milk

Friday, January 17

Great Beginnings
Scrambled Eggs With Turkey Bacon &
Toast

Fruity Delights

Assorted Juice

Unflavored 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!

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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

Fruity Delights

Strawberry Kiwi Juice

Unflavored Milk

Wednesday, January 22

Great Beginnings

Frosted Mini Wheat Cereal with
Homemade Blueberry Muffin Bread

Fruity Delights White
Grape Juice

Unflavored Milk

Thursday, January 23

Great Beginnings

Cheesy Scrambled Eggs with Toast

Fruity Delights

Orange Tangerine Juice

Unflavored Milk

Friday, January 24

Great Beginnings

Toasted Croissant

Fruity Delights

Applesauce

Unflavored Milk

Monday, January 27

Great Beginnings

Frosted Mini Wheat with Toast

Fruity Delights

Apple Juice
Seasonal Fresh Fruit

Unflavored Milk

Tuesday, January 28

Great Beginnings

Breakfast Pizza

Fruity Delights Fruit

Punch Juice
Sliced Peaches

Unflavored Milk

Wednesday, January 29

Great Beginnings

Turkey Sausage Biscuit

Fruity Delights

White Grape Juice
Chilled Pears

Unflavored Milk

Thursday, January 30

Great Beginnings

Maple French Toast Sticks

Fruity Delights

Orange Tangerine Juice

Unflavored Milk

Friday, February 31

Great Beginnings

Scrambled Eggs With Turkey Bacon &
Toast

Fruity Delights

Applesauce

Unflavored Milk

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

