### Pre-K School Breakfast
January 2020

This institution is an equal opportunity provider.

#### Breakdown:
- **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**

- **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**

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**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%!

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**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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**BREAKFAST @ SCHOOL**
For first-class learning!
<table>
<thead>
<tr>
<th>Date, January 20</th>
<th>Monday, January 20</th>
<th>Tuesday, January 21</th>
<th>Wednesday, January 22</th>
<th>Thursday, January 23</th>
<th>Friday, January 24</th>
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<tr>
<td>Holiday</td>
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<td>School Closed</td>
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<td>Chicken &amp; Waffle</td>
<td>Frosted Mini Wheat Cereal with Homemade Blueberry Muffin Bread</td>
<td>Cheesy Scrambled Eggs with Toast</td>
<td>Toasted Croissant</td>
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<td>Frosted Mini Wheat with Toast</td>
<td>Breakfast Pizza</td>
<td>Turkey Sausage Biscuit</td>
<td>Maple French Toast Sticks</td>
<td>Scrambled Eggs With Turkey Bacon &amp; Toast</td>
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<td>Orange Tangerine Juice</td>
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<td>Seasonal Fresh Fruit</td>
<td>Sliced Peaches</td>
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Learn more about free and reduced-price meals: [www.dekalbschoolsga.org/school-nutrition](http://www.dekalbschoolsga.org/school-nutrition).