Elementary Breakfast
January 2022

Welcome Back!
We hope you enjoyed your break!

Monday, January 10
Great Beginnings
Cinnamon Toast Crunch Pastry
or
Reduced Sugar Fruit Loops with Graham Crackers V
Fruity Delights
Orange Tangerine Juice
Fresh Apple

Tuesday, January 11
Great Beginnings
Scrambled Eggs with Biscuit
or
Assorted Cereal (1 oz) with Biscuit
Fruity Delights
Grape Juice
Applesauce

Wednesday, January 12
Great Beginnings
Assorted Cereal (1 oz) with Graham Crackers
or
Whole Grain Blueberry Muffin & Cheese Cubes V
Fruity Delights
Grape Juice
Applesauce

Thursday, January 13
Great Beginnings
Pancake N Link
or
Assorted Cereal (1 oz) with Biscuit V
Fruity Delights
Mixed Fruit Juice
Sliced Peaches

Friday, January 14
Great Beginnings
Beef Biscuit
or
Strawberry Banana Yogurt & Granola V
Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

Tuesday, January 4
Great Beginnings
Turkey Sausage Biscuit
Or
Peaches N Cream Parfait
Fruity Delights
Apple Juice
Sliced Peaches

Wednesday, January 5
Great Beginnings
Breakfast Pizza
Or
Bagel with Cream Cheese V
Fruity Delights
Grape Juice
Applesauce

Thursday, January 6
Great Beginnings
Chicken Biscuit
Or
Mini WG Waffles V
Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

Friday, January 7
Great Beginnings
Assorted Cereal (1 oz) with Biscuit
Or
School Baked Cinnamon Roll
Fruity Delights
Orange Juice
Assorted Fresh Fruit

Milk available with all meals
This institution is an equal opportunity provider.
<table>
<thead>
<tr>
<th>Date</th>
<th>Great Beginnings</th>
<th>Fruity Delights</th>
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</thead>
<tbody>
<tr>
<td>Monday, January 17</td>
<td>MLK Holiday School Closed</td>
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<tr>
<td>Monday, January 24</td>
<td>Great Beginnings</td>
<td>Fruity Delights</td>
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<tr>
<td>Tuesday, January 18</td>
<td>Cinnamon Toast Crunch</td>
<td>Apple Juice</td>
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<tr>
<td>Wednesday, January 19</td>
<td>Chicken Biscuit</td>
<td>Grape Juice</td>
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<tr>
<td>Friday, January 21</td>
<td>Assorted Cereal (1oz) with Biscuit</td>
<td>Mixed Fruit Juice</td>
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<tr>
<td>Monday, January 24</td>
<td>Great Beginnings</td>
<td>Fruity Delights</td>
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<tr>
<td>Tuesday, January 25</td>
<td>Orange Tangerine Juice</td>
<td>Grape Juice</td>
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<tr>
<td>Wednesday, January 26</td>
<td>Scrambled Eggs with Biscuit</td>
<td>Grape Juice</td>
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<tr>
<td>Thursday, January 27</td>
<td>Pancake N Link</td>
<td>Mixed Fruit Juice</td>
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<tr>
<td>Friday, January 28</td>
<td>Beef Biscuit</td>
<td>Mixed Fruit Juice</td>
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<td>Monday, January 31</td>
<td>Great Beginnings</td>
<td>Fruity Delights</td>
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<tr>
<td>Tuesday, February 1</td>
<td>Cinnamon Toast Crunch</td>
<td>Apple Juice</td>
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<td>Wednesday, February 2</td>
<td>Chicken Biscuit</td>
<td>Grape Juice</td>
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<tr>
<td>Thursday, February 3</td>
<td>Assorted Cereal (1oz) with Biscuit</td>
<td>Mixed Fruit Juice</td>
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<tr>
<td>Friday, February 4</td>
<td>Assorted Cereal (1oz) with Biscuit</td>
<td>Mixed Fruit Juice</td>
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**Cold ≠ Cold.**

Cold weather doesn’t cause colds – viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!). But if you don’t want to get sick, you should remember to wash your hands!

**Eat Better. Play Harder. Live Healthier. Learn Easier. Wellness is a Way of Life!**

Milk available with all meals

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