

High School Breakfast January 2022



Welcome Back!
*We hope you
enjoyed your break!*

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 (1oz) with
Biscuit V
Or
School Baked Cinnamon Roll

Fruity Delights

Orange Juice
Assorted Fresh Fruit

Monday, January 10

Great Beginnings

Cinnamon Toast Crunch
Pastry
or
Reduced Sugar Fruit Loops
with Graham Crackers V

Fruity Delights

Orange Juice
Fresh Gala Apple

Tuesday, January 11

Great Beginnings

Scrambled Eggs/Biscuit
Or
Blueberry Pop Tarts (2)V

Fruity Delights

Mixed Fruit Juice
Sliced Peaches

Wednesday, January 12

Great Beginnings

Chicken Biscuit
or
Whole Grain Chocolate Muffin
& Cheese Cubes V

Fruity Delights

Grape Juice
Fresh Apple

Thursday, January 13

Great Beginnings

Pancake N Link
or
Cinnamon Oatmeal Round V

Fruity Delights

Apple Juice
Banana

Friday, January 14

Great Beginnings

Beef Biscuit
or
Strawberry Banana Yogurt &
Granola V

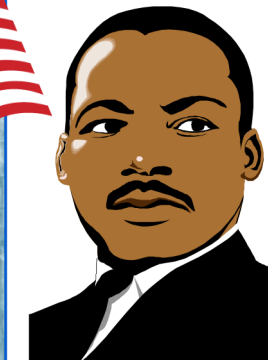
Fruity Delights

Orange Juice
Fruit Cocktail

Milk available with all meals

This institution is an equal opportunity provider.

*I have
a dream...*



Monday, January 17
MLK Holiday
School Closed

Tuesday, January 18
Great Beginnings
Turkey Sausage Biscuit
Or
Peaches N Cream Parfait

Fruity Delights
Apple Juice
Sliced Peaches

Wednesday, January 19
Great Beginnings
Breakfast Pizza
Or
Bagel with Cream Cheese V

Fruity Delights
Grape Juice
Banana

Thursday, January 20
Great Beginnings
Chicken Biscuit
Or
Mini WG Waffles V

Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

Friday, January 21
Great Beginnings
Assorted Cereal (1oz) with
Biscuit V
Or
School Baked Cinnamon Roll

Fruity Delights
Orange Juice
Assorted Fresh Fruit

Monday, January 24
Great Beginnings
Cinnamon Toast Crunch
Pastry
or
Reduced Sugar Fruit Loops
with Graham Crackers V

Fruity Delights
Orange Juice
Fresh Gala Apple

Tuesday, January 25
Great Beginnings
Scrambled Eggs/Biscuit
Or
Blueberry Pop Tarts (2)V

Fruity Delights
Mixed Fruit Juice
Sliced Peaches

Wednesday, January 26
Great Beginnings
Chicken Biscuit
or
Whole Grain Chocolate Muffin
& Cheese Cubes V

Fruity Delights
Apple Juice
Banana

Thursday, January 27
Great Beginnings
Pancake N Link
or
Cinnamon Oatmeal Round V

Fruity Delights
Orange Tangerine Juice
Fresh Apple

Friday, January 28
Great Beginnings
Beef Biscuit
or
Strawberry Banana Yogurt &
Granola V

Fruity Delights
Orange Juice
Fruit Cocktail

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!

Monday, January 31
Great Beginnings
Cinnamon Toast Crunch Bowl
(2oz)
Or
French Toast Sticks V

Fruity Delights
Orange Juice
Fresh Gala Apple

Tuesday, February 1
Great Beginnings
Turkey Sausage Biscuit
Or
Peaches N Cream Parfait

Fruity Delights
Apple Juice
Sliced Peaches

Wednesday, February 2
Great Beginnings
Breakfast Pizza
Or
Bagel with Cream Cheese V

Fruity Delights
Grape Juice
Banana

Thursday, February 3
Great Beginnings
Chicken Biscuit
Or
Mini WG Waffles V

Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

Friday, February 4
Great Beginnings
Assorted Cereal (1oz) with
Biscuit V
Or
School Baked Cinnamon Roll

Fruity Delights
Orange Juice
Assorted Fresh Fruit

Milk available with all meals

This institution is an equal opportunity provider.