High School Breakfast January 2022



Welcome Back! We hope you enjoyed your break!

	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7	
	Great Beginnings	Great Beginnings	Great Beginnings	Great Beginnings	
	Turkey Sausage Biscuit	Breakfast Pizza	Chicken Biscuit	Assorted Cereal (loz) with	
	Or	Or	Or	Biscuit V	
	Peaches N Cream Parfait	Bagel with Cream Cheese V	Mini WG Waffles V	Or	
		F (C D K J C	Fraity Delights	School Baked Cinnamon Roll	
	Fraity Delights Apple Juice	Fracity Delights Grape Juice	Mixed Fruit Juice		
	Sliced Peaches	Applesauce	Fruit Cocktail	Fracity Delights Orange Juice	
	Sheed Feaches	присзаисе	That cockian	Assorted Fresh Fruit	
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Monday, January 10	Tuesday, January II	Wednesday, January 12	Thursday, January 13	Friday, January 14	
Great Beginnings	Great Beginnings	Great Beginnings	Great Beginnings	Great Beginnings	
Cinnamon Toast Crunch	Scrambled Eggs/Biscuit	Chicken Biscuit	Pancake N Link	Beef Biscuit	
Pastry	Or	or	or	or	
or	Blueberry Pop Tarts (2)V	Whole Grain Chocolate Muffin	Cinnamon Oatmeal Round ${f V}$	Strawberry Banana Yogurt &	
Reduced Sugar Fruit Loops		& Cheese Cubes V		Ġranola V	
with Graham Crackers V	Fraity Delights	Fraity Delights	Fraity Delights		
	Mixed Fruit Juice	Grape Juice	Apple Juice	Fraity Delights	
Fruity Delights	Sliced Peaches	Fresh Apple	Banana	Orange Juice	
Orange Juice		i i con rippic		Fruit Cocktail	
Fresh Gala Apple					

Milk available with all meals This institution is an equal opportunity provider.

	Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 2I
	MLK Holiday School Closed	Great Beginnings Turkey Sausage Biscuit Or	Great Beginnings Breakfast Pizza Or	Great Beginnings Chicken Biscuit Or	Great Beginnings Assorted Cereal (loz) with Biscuit V
0 000		Peaches N Cream Parfait Fratity Delights	Bagel with Cream Cheese V Fratity Delights	Mini WG Waffles V Fraity Delights	Or School Baked Cinnamon Roll
a aream		Apple Juice Sliced Peaches	Grape Juice Banana	Mixed Fruit Juice Fruit Cocktail	Fractity Delights Orange Juice Assorted Fresh Fruit
	Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
	Great Beginnings Cinnamon Toast Crunch Pastry	Great Beginnings Scrambled Eggs/Biscuit Or	Great Beginnings Chicken Biscuit or	Great Beginnings Pancake N Link or	Great Beginnings Beef Biscuit or
	or ' Reduced Sugar Fruit Loops	Blueberry Pop Tarts (2)V	Whole Grain Chocolate Muffin & Cheese Cubes V	Cinnamon Oatmeal Round V	Strawberry Banana Yogurt & Granola V
	with Graham Crackers V	Fracticy Delights Mixed Fruit Juice Sliced Peaches	Fraity Delights Apple Juice	Fractity Delights Orange Tangerine Juice	Fraity Delights
Cold weather doesn't cause colds - viruses do! Same with the	Fractity Delights Orange Juice Fresh Gala Apple	Sheed Leaches	Banana	Fresh Apple	Orange Juice Fruit Cocktail
flu. Of course, you should always dress appropriately	Monday, January 31	Tuesday, February I	Wednesday, February 2	Thursday, February 3	Friday, February 4
outdoors for comfort and to avoid frostbite (in other words, put your	Great Beginnings Cinnamon Toast Crunch Bowl (2oz)	Great Beginnings Turkey Sausage Biscuit Or		Great Beginnings Chicken Biscuit Or	Great Beginnings Assorted Cereal (Ioz) with Biscuit V
coat on!) But if you don't want to get sick, you should remember to wash your hands!	Or French Toast Sticks V	Peaches N Cream Parfait	Bagel with Cream Cheese V	1	Or School Baked Cinnamon Roll
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!	Fraity Delights	Fracity Delights Apple Juice	Fracity Delights Grape Juice	Fracity Delights Mixed Fruit Juice	Fruity Delights
WELLNESS IS A WAY OF LIFE:	Orange Juice Fresh Gala Apple	Sliced Peaches	Banana	Fruit Cocktail	Orange Juice Assorted Fresh Fruit
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