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