## Middle School Breakfast
### January 2022

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast Options</th>
<th>Fruity Delights</th>
<th>Milk Available with All Meals</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday, January 10</strong></td>
<td><strong>Great Beginnings</strong>&lt;br&gt; Cinnamon Toast Crunch Pastry or Reduced Sugar Fruit Loops with Graham Crackers V&lt;br&gt;&lt;br&gt; <strong>Fruity Delights</strong>&lt;br&gt; Orange Juice&lt;br&gt; Fresh Gala Apple</td>
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<td>This institution is an equal opportunity provider.</td>
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<td><strong>Tuesday, January 11</strong></td>
<td><strong>Great Beginnings</strong>&lt;br&gt; Scrambled Eggs/Biscuit or Blueberry Pop Tarts (2) V&lt;br&gt;&lt;br&gt; <strong>Fruity Delights</strong>&lt;br&gt; Mixed Fruit Juice&lt;br&gt; Sliced Peaches</td>
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<td><strong>Wednesday, January 12</strong></td>
<td><strong>Great Beginnings</strong>&lt;br&gt; Chicken Biscuit or Whole Grain Chocolate Muffin &amp; Cheese Cubes V&lt;br&gt;&lt;br&gt; <strong>Fruity Delights</strong>&lt;br&gt; Grape Juice&lt;br&gt; Fresh Apple</td>
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<td><strong>Thursday, January 13</strong></td>
<td><strong>Great Beginnings</strong>&lt;br&gt; Pancake N Link or Cinnamon Oatmeal Round V&lt;br&gt;&lt;br&gt; <strong>Fruity Delights</strong>&lt;br&gt; Apple Juice&lt;br&gt; Banana</td>
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<td><strong>Friday, January 14</strong></td>
<td><strong>Great Beginnings</strong>&lt;br&gt; Beef Biscuit or Strawberry Banana Yogurt &amp; Granola V&lt;br&gt;&lt;br&gt; <strong>Fruity Delights</strong>&lt;br&gt; Orange Juice&lt;br&gt; Fruit Cocktail</td>
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**Tuesday, January 4**
**Great Beginnings**
- Turkey Sausage Biscuit
- Peaches N Cream Parfait

**Fruity Delights**
- Apple Juice
- Sliced Peaches

**Wednesday, January 5**
**Great Beginnings**
- Breakfast Pizza
- Bagel with Cream Cheese V

**Fruity Delights**
- Grape Juice
- Fruit Cocktail

**Thursday, January 6**
**Great Beginnings**
- Chicken Biscuit
- Mini WG Waffles V

**Fruity Delights**
- Mixed Fruit Juice
- Applesauce

**Friday, January 7**
**Great Beginnings**
- Assorted Cereal (1oz) with Biscuit V
- School Baked Cinnamon Roll

**Fruity Delights**
- Orange Juice
- Assorted Fresh Fruit
### Monday, January 17
- **MLK Holiday**
- School Closed

### Tuesday, January 18
- **Great Beginnings**
  - Turkey Sausage Biscuit
  - Peaches N Cream Parfait
- **Fruity Delights**
  - Apple Juice
  - Sliced Peaches

### Wednesday, January 19
- **Great Beginnings**
  - Breakfast Pizza
  - Bagel with Cream Cheese V
- **Fruity Delights**
  - Grape Juice
  - Banana

### Thursday, January 20
- **Great Beginnings**
  - Chicken Biscuit
  - Mini WG Waffles V
- **Fruity Delights**
  - Mixed Fruit Juice
  - Fruit Cocktail

### Friday, January 21
- **Great Beginnings**
  - Assorted Cereal (1oz) with Biscuit V
  - School Baked Cinnamon Roll
- **Fruity Delights**
  - Orange Juice
  - Assorted Fresh Fruit

### Monday, January 24
- **Great Beginnings**
  - Cinnamon Toast Crunch Pastry
  - 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
  - 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

### 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
  - Bagel with Cream Cheese V
- **Fruity Delights**
  - Grape Juice
  - Banana

### Thursday, February 3
- **Great Beginnings**
  - Chicken Biscuit
  - 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

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**Milk available with all meals**

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