

# January 2019

## High School

### BREAKFAST



**Nondiscrimination Statement:** This institution is an equal opportunity employer.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



Mini Cinnamon Rolls  
Orange Juice  
Milk

7

### Tuesday



1

Toast w/ Yogurt  
Fruit Cup  
Milk

8

### Wednesday



2

Pancake 'N Sausage  
Orange Juice  
Milk

9

### Thursday

Bagels  
Orange Juice  
Milk

3

Oatmeal  
Orange Juice  
Milk

10

### Friday

Biscuits & Gravy  
Orange Juice  
Milk

4

Breakfast Pizza  
Applesauce Cup  
Milk

11

French Toast Bites  
Fruit Cup  
Milk

14

Breakfast Sandwich  
Orange Juice  
Milk

15

Cinnamon Cake  
Applesauce Cup  
Milk

16

Bagels  
Orange Juice  
Milk

17

Biscuits & Gravy  
Orange Juice  
Milk

18



**Martin Luther King, Jr. Day**

21

Toast w/ Yogurt  
Fruit Cup  
Milk

22

Pancake 'N Sausage  
Orange Juice  
Milk

23

Oatmeal  
Orange Juice  
Milk

24

Breakfast Pizza  
Applesauce Cup  
Milk

25

French Toast Bites  
Fruit Cup  
Milk

28

Breakfast Sandwich  
Orange Juice  
Milk

29

Cinnamon Cake  
Applesauce Cup  
Milk

30

Bagels  
Orange Juice  
Milk

31

