



JANUARY 2019 JR & SR HIGH BREAKFAST

MONDAY		WEDNESDAY		THURSDAY		FRIDAY			
FRUIT & YOGURT SMOOTHIES, PARFAITS WITH FRUIT & GRANOLA GRAB N'GO BREAKFAST AVAILABLE DAILY!				2 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES		3 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES		4 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
7 WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES		8 WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES		9 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES		10 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES		11 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
14 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES		15 SCRAMBLED EGGS W/CHEESE AND HAM, TOAST FRUIT, JUICE AND MILK CHOICES		16 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES		17 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES		18 BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
21 MARTIN L. KING JR DAY NO SCHOOL!		22 TEACHER INSERVICE NO SCHOOL!		23 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES		24 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES		25 ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
28 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES		29 BREAKFAST BURRITO WITH CHEESE AND HAM FRUIT, JUICE AND MILK CHOICES		30 RASPBERRY COFFEE CAKE FRUIT & JUICE MILK CHOICES		31 BREAKFAST SANDWICH WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES			
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST			

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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