

JANUARY 2020 MID-HIGH SCHOOL BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>NO SCHOOL TODAY!</u> 	2 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	3 BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES	
	<u>FRUIT & YOGURT SMOOTHIES</u> <u>FRUIT & YOGURT PARFAITS</u> <u>GRAB N'GO BREAKFAST</u> <u>OFFERED DAILY!</u> CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
6 CINNAMON GLAZED FRENCH TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	7 WHOLE GRAIN BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	8 SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	9 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	10 CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
13 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	14 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	15 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	16 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	17 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
20 <u>NO SCHOOL TODAY!</u> <u>MARTIN LUTHER</u> <u>KING, JR. DAY!</u> CEREAL & TOAST	21 <u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE</u> <u>DAY!</u> CEREAL & TOAST	22 BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	23 CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	24 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
27 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	28 SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	29 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	30 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	31 BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!