



JANUARY 2021 MID-HS BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
CEREAL & TOAST	<u>YOGURT PARFAITS</u> <u>YOGURT/FRUIT SMOOTHIES</u> <u>GRAB N GO</u> <u>OFFERED DAILY</u>	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
4 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	5 CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	6 SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	7 CHOC CHIP SHEET PAN PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES	8 WHOLE GRAIN BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
11 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	12 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	13 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	14 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	15 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
18 <u>NO SCHOOL TODAY!</u> <u>MARTIN LUTHER</u> <u>KING, JR. DAY!</u>	19 <u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE</u> <u>DAY!</u>	20 BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES	21 CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	22 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
25 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	26 SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	27 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	28 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	29 BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	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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