

JANUARY 2022 MID-HS BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	4	BREAKFAST SANDWICH WITH EGG, HAM & CHEESE FRUIT, JUICE AND MILK CHOICES	5	ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	6	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	7	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
10	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	11	SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	12	BREAKFAST SANDWICH HAM, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	13	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	14	YOGURT PARFAITS WITH GRAHAM CRACKERS FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
17	<u>NO SCHOOL TODAY!</u> <u>MARTIN LUTHER KING, JR DAY!</u>	18	SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	19	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	20	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	21	ASSORTED BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
24	<u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE</u>	25	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	26	BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES	27	BREAKFAST SANDWICH HAM, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	28	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
31	WG WAFFLE STICKS W/STRAWBERRYS & CREAM FRUIT, JUICE AND MILK CHOICES				<u>YOGURT SMOOTHIES</u> <u>YOGURT & FRUIT PARFAITS</u> <u>GRAB N' GO</u> <u>OFFERED DAILY!</u>				
CEREAL & TOAST									



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

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