

JANUARY 2023 MID-HS BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	4 CHEESE OMELET SAUSAGE PATTY & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	5 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	6 BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
9 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	10 CHEESE OMELET SAUSAGE PATTY & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	11 SHEET PAN PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	12 WG BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	13 WG DONUT HOLES WITH GLAZED & SPRINKLES FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
16 <u>NO SCHOOL TODAY!</u> <u>MARTIN LUTHER KING, JR. DAY!</u> CEREAL & TOAST	17 <u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE DAY!</u> CEREAL & TOAST	18 WG WAFFLES WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	19 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	20 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
23 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	24 BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	25 BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	26 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	27 TOASTED ENGLISH MUFFIN WITH JELLY CHOICES FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
30 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	31 BREAKFAST BURRITO WITH CHEESE AND HAM FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST		FRUIT-YOGURT SMOOTHIES YOGURT PARFAITS GRAB N GO OFFERED DAILY CEREAL & TOAST	

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

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