

JANUARY 2024 MID-HS BREAKFAST

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!