



# JANUARY 2012

# BREAKFAST MENU

**“This is an equal opportunity provider.”**

**Menu is subject to change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Professional Development Day	3 Poptart Yogurt/Cheese Pears/Juice Milk	4 Breakfast Burrito Cereal Juice Milk	5 Banana Nut Oatmeal Toast Peaches Juice Milk	6 Biscuit Sliced Ham Juice Milk
9 Cinnamon Bun Cheese Stick Pears Juice Milk	10 Waffles Link Sausage Juice Milk	11 Biscuit Sliced Ham Juice Milk	12 Toast Cheese Grits Scrambled Egg Juice Milk	13 Cereal Breakfast Bagel Pizza Juice Milk
16 MLK HOLIDAY 	17 Poptart Cheese Yogurt Juice Milk	18 Cereal Breakfast Pizza Juice Milk	19 Pancakes Sliced Ham Juice Milk	20 Cheese Grits Scrambled Egg Toast Juice Milk
23 Biscuit Chicken Patty Juice Milk	24 Cereal Cheese Toast Applesauce Juice Milk	25 Banana Nut Oatmeal Toast Peaches Juice Milk	26 Biscuit Sausage Juice Milk	227 French Toast Sliced Ham Juice Milk
30 Biscuit Sliced Ham Juice Milk	31 Toast Cheese Grits Scrambled Egg Juice Milk		Nutritional Note:  Research has also shown that children who eat breakfast each day have a higher intake of	vitamins and minerals and maintain a healthier weight than those who skip.