




January 2023 Elementary & Middle School Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|---|
| <p>Meal: \$1.75 Milk \$.60</p> |  2 | <p><u>Welcome Back!</u></p> <p>Whole Grain Pop Tart</p> 3 | <p>Fresh Smoothie with Graham Crackers</p> 4 | <p>Streusel Coffee Cake w/ Hot Apple Slices</p> 5 | <p>French Toast</p> 6 |
| <p>Choice of Cereal & Toast available daily</p> | <p>Waffles</p> 9 | <p>Hard Boiled Eggs, Sausage & Toast</p> 10 | <p>Yogurt & Homemade Muffin or Toast</p> 11 | <p>Bagel w/ Cream Cheese</p> 12 | <p>Glazed Donut</p> 13 |
| <p>All students must take 1/2 cup fruit or juice with breakfast</p> |  16 | <p>Blueberry Bash Waffles</p> 17 | <p>Pancakes</p> 18 | <p>Streusel Coffee Cake w/ Hot Apple Slices</p> 19 | <p>Hot Oatmeal <i>Assorted Flavors</i></p> 20 |
| <p>Milk, juice, and fresh fruit offered daily with all meals</p> | <p>Cinnamon Rolls</p> 23 | <p>Whole Grain Pop Tart</p> 24 | <p>Fresh Smoothie with Graham Crackers or Toast</p> 25 | <p>Bagel w/ Cream Cheese</p> 26 | <p>French Toast</p> 27 |
|  | <p>Waffles</p> 30 | <p>Breakfast Sandwich</p> 31 | <p>Breakfast is available every day before school! All students may take the main entrée or whole grain cereal & toast, 4 oz 100% fruit juice, fresh fruit or applesauce, and ice cold Stewart's milk.</p> | | |