

# January 2019

Type Your School Name Here

## BREAKFAST



**School Information:** Type your school information here.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Holiday 1

Manager's Choice 2

Manager's Choice 3

Wild Mike's Breakfast Pizza, Juice, Selected Fruit, Milk 4

Pancake on a Stick, Fresh or Selected Fruit, Juice, Milk 7

Sausage Biscuit, Fresh or Selected Fruit, Juice, Milk 8

Dutch Waffle, Fresh or Selected Fruit, Juice, Milk 9

Mini Banana or Berry Pancakes, Fresh or Selected Fruit, Juice, Milk 10

Muffin, Assorted, Fresh Fruit or Select Fruit, Juice Milk 11

Donut or Donut Holes, Fresh or Selected Fruit, Juice, Milk 14

Pancakes, Fresh or Selected Fruit, Juice Milk 15

French Toast Sticks, Juice Pineapple Chunks Milk 16

Chicken Biscuit Juice Peach Slices Milk 17

Wild Mike's Breakfast Pizza, Juice, Selected Fruit, Milk 18

Breakfast Cinnamon Bun, Juice, Applesauce Milk 21

French Toast Mini GM Pull a Part, Select fruit, Juice. Milk 22

Cereal, Graham Crack Milk, Fruit, Fruit juice, Milk 23

Manager's Choice 24

Pop Tart Juice Sliced Pears Milk 25

Pancake on a Stick, Fresh or Selected Fruit, Juice, Milk 28

Sausage Biscuit, Fresh or Selected Fruit, Juice, Milk 29

Dutch Waffle, Fresh or Selected Fruit, Juice, Milk 30

Mini Banana or Berry Pancakes, Fresh or Selected Fruit, Juice, Milk 31

