

# JANUARY 2022

## BREAKFAST

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Breakfast and lunch school meals are **FREE** for all students in SY2021-22 due to pandemic waivers



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk

3

Mini Waffles  
Fruit/Fruit Juice  
Milk

4

French Toast  
Fruit/Fruit Juice  
Milk

5

Pillsbury Breakfast  
Bar  
Fruit/Fruit Juice  
Milk

6

Pop Tarts  
Fruit/Fruit Juice  
Milk

7

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk

10

Cinnamon Roll  
Fruit/Fruit Juice  
Milk

11

Mini Pancakes  
Fruit/Fruit Juice  
Milk

12

Glazed Donut  
Fruit/Fruit Juice  
Milk

13



14



17

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk

18

Pillsbury Mini Cinnis  
Fruit/Fruit Juice  
Milk

19

Yogurt  
Crispy Bites  
Fruit/Fruit Juice  
Milk

20

Pop Tarts  
Fruit/Fruit Juice  
Milk

21

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk

24

Snack-n Waffle  
Fruit/Fruit Juice  
Milk

25

Cinnabar  
Fruit/Fruit Juice  
Milk

26

Muffin  
Cheese stick  
Fruit/Fruit Juice  
Milk

27

Crunchmania  
Fruit/Fruit Juice  
Milk

28

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk

31



Menu subject to Change

This institution is an equal opportunity provider

