

January 2024 Breakfast K-12 Menu

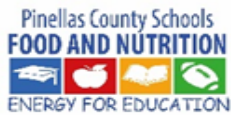
January is National Oatmeal Month!



Oatmeal dates back to 7000BC!

75% of all Americans eat oatmeal!

Oatmeal helps prevent heart disease!



Breakfast Choices

Hot or Cold Entrée Choices Available Daily

i.e.: Pancakes, Breakfast Sandwich, Cereal & Toast, or Cereal Bar & Toast.

Must Choose 1:

Fruit or Juice

(may choose up to 2 servings of fruits)

May Choose: 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 3 4 Winter Holiday Break			5 Classes Resume January 8th 2024
8 Sausage Gravy Breakfast Pizza Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	9 Breakfast Skillet Egg•Potato•Cheese•Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	10 Eggo Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	11 Maple Sausage Pancake Wraps Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	12 Egg & Cheese Croissant Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
15 No School for Students <i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i>	16 Sausage Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	17 Apple Cinnamon Texas Toast Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	18 Cinnamon Roll w/ Glaze Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	19 Blueberry Pancake Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
22 Chicken Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	23 Egg, Ham & Cheese Croissant Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	24 Sausage Biscuit <u>or</u> Grits & Sausage Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	25 Eggo Cinnamon Waffle Bites Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	26 Cheese Omelet Wrap/Toast Cheese Omelet w/ Bacon <i>(Served at High School Only)</i> Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
29 Sausage Gravy Breakfast Pizza Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	30 Breakfast Skillet Egg•Potato•Cheese•Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	31 Eggo Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	<div> <p>For Menu & Nutrition Information or to download the app on your device! Visit nutrislice.com</p> </div>	
			<div> <p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p> </div>	

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