

Fun Fact!

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 or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Resumes Monday January 9, 2023	3 Winter Holidays	4	5	6 
9 Dunkin Stick Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	10 Ham, Egg & Cheese Croissant Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	11 Eggo Chocolate Chip French Toast Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	12 Chicken Biscuit Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	13 Cheese Omelet Wrap <u>or</u> w/ Toast (HS Only w/ Bacon) Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
16 No School for Students! 	17 Chicken Waffle Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	18 Glazed Cinnamon Roll Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	19 Chicken Biscuit Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	20 Egg & Cheese Croissant Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
23 Pancake Sausage Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	24 Ham, Egg & Cheese Croissant Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	25 Eggo Chocolate Chip French Toast Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	26 Chicken Biscuit Sandwich Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers	27 Cheese Omelet Wrap <u>or</u> w/ Toast (HS Only w/ Bacon) Cereal Variety Bowl-Pak Cereal Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers
30 Coming Soon Exciting New Menu Items	31 	 Cauliflower Can Grow up to 30" Tall and 30" Round	Please Note: The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary. We apologize for any inconveniences.	