



# January

# Breakfast K-12 Menu



**DAILY BREAKFAST CHOICES**  
Hot or cold breakfast choices are available daily, i.e.:

Breakfast Sandwich, Pancakes, Cereal or Cereal Bar & Toast.

**Must choose at least 1:**

Fruit or Juice.

**May choose 1: Milk**

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

**DAILY LUNCH CHOICES:**

**Choice 1:** Entrée.  
**Must choose at least 1:**

Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)



**May choose 1: Milk**

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

**Available for lunch daily:**

Hot Entrée, meat or meatless Entrée Salads, Cold Sandwiches  
Vegetable choices hot & cold

Variety of Fruits fresh, cupped, 100% juices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Professional Development Day</b></p> <p><b>No School for Students!</b></p> 	<p>4</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>5</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>6</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>7</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>
<p>10</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>11</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>12</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>13</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>14</p> <p>*** Hot Entrée Choice</p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>
<p>17</p> <p><b>No School</b></p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>18</p> <p><b>Egg, Ham &amp; Cheese on Croissant or English Muffin</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>19</p> <p><b>Mini Pancakes</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>20</p> <p><b>Country Gravy Breakfast Pizza</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>21</p> <p><b>Chicken Biscuit Sandwich</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>
<p>24</p> <p><b>Egg &amp; Cheese Croissant</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>25</p> <p><b>Chicken Waffle Sandwich</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>26</p> <p><b>Mini Pancakes</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>27</p> <p><b>Egg, Cheese, Potato &amp; Sausage Breakfast Wrap</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>28</p> <p><b>Sausage Biscuit Sandwich or Grits with Sausage</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>
<p>31</p> <p><b>Pancake Pup Minis</b></p> <p><u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered &amp; Cinnamon Toast</p>	<p>*** Please check with your Cafeteria Manager for Hot Entrée Choices</p>	<p><b>PLEASE NOTE:</b> 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 substitutes are necessary. We apologize for any inconvenience.</p>		

