

# January 2020

## Elementary School Menu

### BREAKFAST

Breakfast consists of 4 components of which students must select 3 items. Including one serving of fruit/ fruit juice.

Choice of fat free chocolate or 1% white milk also included with each meal.



**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

# Welcome Back!

Staff Development Day

6

Breakfast Pizza

7

Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

Cold Cereal

8

Pancake on a Stick  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

French Toast Sticks w/

9

Sausage Patty  
Pop- Tarts w/ Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Breakfast Wrap

10

Bagel/ Cream Cheese  
Fresh/ Canned Fruit  
Fruit Juice

Cold Cereal/ Crackers  
Bagel/ Cream Cheese  
Fresh/ Canned Fruit  
Fruit Juice

13

Breakfast Pizza

14

Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

Honey Bun

15

Pop- Tarts  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Sausage/ Egg Pattie on

16

English Muffin Pop-tart w/  
Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Blueberry Muffin

17

Pop-tart  
Cracker  
Fresh/ Canned Fruit  
Fruit Juice

MARTIN  
LUTHER  
KING JR.  
*Day*



20

Breakfast Pizza

21

Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

Pancakes w/ Sausage P

22

Cold Cereal  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

French Toast Sticks w/

23

Sausage Patty  
Pop- Tarts w/ Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Chocolate Chip Muffin

24

Pop-tart  
Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Cold Cereal

27

Pop- Tarts  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Breakfast Pizza

28

Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

Honey Bun

29

Pop- Tarts  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Sausage/ Egg Pattie or

30

English Muffin Pop-tart w/  
Cracker  
Fresh/ Canned Fruit  
Fruit Juice

Cold Cereal

31

Pop- Tarts  
Assorted Cracker  
Fresh/ Canned Fruit  
Fruit Juice

The cafeteria reserves the right to make menu substitutions as necessary. The USDA and the CDE are equal opportunity providers and employers.