

January 2019

Elementary & Middle Schools

BREAKFAST



School Information: Student Breakfast: \$1.75
Reduced Breakfast: .30
www.mypaymentsplus.com



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

No School
New Year's Day **1**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **2**

French Toast Sticks **3**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **4**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **7**

Hot Bagel Sandwich
Egg & Cheese **8**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **9**

Zucchini, Pumpkin or
Blueberry Bread **10**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **11**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **14**

Breakfast Pizza
Turkey Bacon, Egg & Cheese **15**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **16**

Mini Pancakes **17**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **18**

No School
Martin Luther King Day **21**

Hot Bagel Sandwich
Egg & Cheese **22**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **23**

French Toast Sticks **24**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **25**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **28**

Zucchini, Pumpkin or
Blueberry Bread **29**

Choice of:
Bagel
Muffin
Cereal
Breakfast Bar **30**

Breakfast Pizza
Turkey Bacon, Egg & Cheese **31**

