



JANUARY 2019

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 	2	3 French Toast Sticks w/Syrup Fresh Grapes Fruit Juice Milk	4 Breakfast Pizza Sliced Peaches Fruit Juice Milk	5	6
7 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Milk	8 Biscuit & Gravy Fresh Banana Fruit Juice Milk	9 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	10 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	11 Whole Grain Muffin Tropical Fruit Fruit Juice Milk	12	13
14 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	15 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	16 Whole Wheat Bagel w/Toppings Fresh Strawberries Fruit Juice Milk	17 Ham & Egg Breakfast Bar Sliced Pears Fruit Juice Milk	18 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Milk	19	20
21 NO SCHOOL	22 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Milk	23 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	24 Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Milk	25 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	26	27
28 Mini Waffles w/Syrup Apricot Halves Fruit Juice Milk	29 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Milk	30 Breakfast Pizza Peach Slices Fruit Juice Milk	31 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk			
USDA is an equal opportunity provider and employer.		<p>NOTES: Save on fitness equipment Inspire your youngster to stay fit by keeping an assortment of sports and equipment gear handy. Consider these suggestions to help stock up on a budget: Ask family and friends if they have equipment they no longer use. Perhaps your brother can pass along a softball mitt his kids have outgrown. A friend may offer an old tennis racket. Search flea markets, thrift shops, and online yard sales. for just a few dollars you might find a gently used balance ball or yoga mat (disinfect before use). Or you could buy a jump rope, a can of tennis balls, or a Frisbee for less than a dollar.</p>				