

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer

Winter Break
No School



1

Winter Break
No School



2

Winter Break
No School



3

Winter Break
No School



4

Winter Break
No School



7

Breakfast Pizza
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

8

Cereal Variety
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

9

Banana Bread
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

10

Whole Wheat Donut Wheels
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

11

Mini Cinnamon Rolls
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

14

Breakfast Pizza
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

15

Cereal Variety
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

16

Banana Bread
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

17

Whole Wheat Donut Wheels
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

18

No School

21

Breakfast Pizza
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

22

Cereal Variety
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

23

Banana Bread
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

24

Whole Wheat Donut Wheels
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

25

Mini Cinnamon Rolls
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

28

Breakfast Pizza
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

29

Delay Start
No Breakfast Served

30

Banana Bread
Oatmeal Bar
Muffin
 Fresh Fruit or Canned Fruit
 Fruit Juice
 Assorted Milk

31

A good breakfast should include carbohydrate and protein. Carbs give you energy and protein slows the absorption of sugars and gives you staying power till your next meal.