

# JANUARY 2020 K-8 BREAKFAST MENU

Harvest of the Month™



Salad Greens

Physical Activity of the Month

LOW COST OR NO COST ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WINTER RECESS</b> <b>JANUARY 1 THROUGH 10</b></p>				
13 Pancake & Sausage on Stick  Juice  Fresh Seasonal Fruit	14 Sausage Pancake Sandwich  Fruit Cup or Pop  Fresh Seasonal Fruit	15 Sausage & Gravy Pizza  Juice  Fresh Seasonal Fruit	16 Yogurt Breakfast Bar  Fruit Cup or Pop  Fresh Seasonal Fruit	17 Egg & Cheese Biscuit Sandwich  Juice  Fresh Seasonal Fruit
20 Holiday  	21 French Toast Sticks  Fruit Cup or Pop  Fresh Seasonal Fruit	22 Orange Juice Smoothie Muffin  Juice  Fresh Seasonal Fruit	23 Sausage & Cheese Bagel  Fruit Cup or Pop  Fresh Seasonal Fruit	24 Turkey Sausage Link, Pancakes & Syrup  Juice  Fresh Seasonal Fruit
27 Pancake & Sausage on Stick  Juice  Fresh Seasonal Fruit	28 Sausage Pancake Sandwich  Fruit Cup or Pop  Fresh Seasonal Fruit	29 Sausage & Gravy Pizza  Juice  Fresh Seasonal Fruit	30 Yogurt Breakfast Bar  Fruit Cup or Pop  Fresh Seasonal Fruit	31 Egg & Cheese Biscuit Sandwich  Juice  Fresh Seasonal Fruit

Daily Entrée Choices: WG Cereal Combo  
 M: WG Banana Bread T : Muffin Bread W: Coffee Cake Th: PB&J Wafer F: Benefit Bar  
 A choice of 1% white and nonfat chocolate milk offered with all breakfasts.  
 \*\*\*MENU SUBJECT TO CHANGE\*\*\*



January is Vegetable Month on My Plate!