

JANUARY 2022

Middle/High Breakfast Menu

Monday

NUTRITION 3
BARS
FRUIT
MILK

NUTRITION 10
BARS
FRUIT
MILK

NO SCHOOL 17
MARTIN
LUTHER KING
DAY

NUTRITION 24
BARS
FRUIT
MILK

NUTRITION 31
BARS
FRUIT
MILK

Tuesday

COOK'S 4
CHOICE
FRUIT
MILK

COOK'S 11
CHOICE
FRUIT
MILK

NUTRITION 18
BARS
FRUIT
MILK

COOK'S 25
CHOICE
FRUIT
MILK

Wednesday

BAGELS 5
FRUIT
MILK

BAGELS 12
FRUIT
MILK

BAGELS 19
FRUIT
MILK

BAGELS 26
FRUIT
MILK

Thursday

COOK'S 6
CHOICE
FRUIT
MILK

COOK'S 13
CHOICE
FRUIT
MILK

COOK'S 20
CHOICE
FRUIT
MILK

COOK'S 27
CHOICE
FRUIT
MILK

Friday

CEREAL 7
W/ GRAHAM
CRACKERS
FRUIT
MILK

CEREAL 14
W/ GRAHAM
CRACKERS
FRUIT
MILK

CEREAL 21
W/ GRAHAM
CRACKERS
FRUIT
MILK

CEREAL 28
W/ GRAHAM
CRACKERS
FRUIT
MILK

**COME AND GRAB
YOUR FREE
BREAKFAST**

**Breads are whole
grain,
wheat or whole
grain white**

**Milk: 1% or Skim
or Low-Fat
Chocolate**

**NO SCHOOL ON
JANUARY 17TH**

**OTHER
BREAKFAST
ENTREE OPTIONS:
CEREAL, WG POP
TARTS OR
OATMEAL**

**Menu subject to
change depending
on availability of
food product**

**USDA is an equal
opportunity provider
and employer.**

DID YOU KNOW?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.