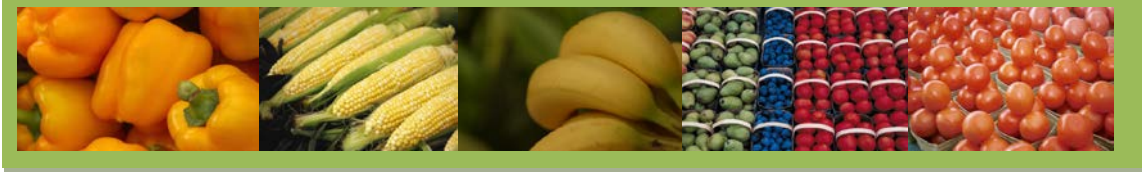


# Sci High January Breakfast Menu



Fruit choices may include: Apples, Bananas, Oranges, Seasonal Options.  
Milk Choices Include: 1% Plain, Non-Fat Plain, Non-Fat Flavored.  
Grits served on select days.

31 NO SCHOOL WINTER BREAK	1 NO SCHOOL WINTER BREAK	2 NO SCHOOL WINTER BREAK	3 NO SCHOOL WINTER BREAK	4 NO SCHOOL WINTER BREAK
7 <b>Entree Choices</b> Breakfast Burrito Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	8 <b>Entree Choices</b> Sausage Bagel Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	9 <b>Entree Choices</b> Scrambled Eggs w/Toast Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	10 <b>Entree Choices</b> Parfait Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	11 <b>Entree Choices</b> Egg Muffin Sandwich Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>
14 <b>Entree Choices</b> Waffles Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	15 <b>Entree Choices</b> Parfait Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	16 <b>Entree Choices</b> Egg Scramble w/Toast or Bagel Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	17 <b>Entree Choices</b> Chicken Biscuit Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	18 <b>Entree Choices</b> Breakfast Pizza Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>
21 NO SCHOOL MARTIN LUTHER KING JR. DAY	22 <b>Entree Choices</b> Breakfast Burrito Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	23 <b>Entree Choices</b> Scrambled Eggs w/Toast Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	24 <b>Entree Choices</b> Mini Muffins Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	25 <b>Entree Choices</b> Breakfast Sandwich Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>
28 <b>Entree Choices</b> Waffles Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	29 <b>Entree Choices</b> Breakfast on a Stick Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	30 <b>Entree Choices</b> Bacon Scramble w/Toast Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	31 <b>Entree Choices</b> Mini Muffins Smoothie & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>	1 <b>Entree Choices</b> Breakfast Pizza Yogurt & Cereal Maple Brown Sugar Oatmeal <b>-Fruit Choices-</b> <b>-Milk Choices-</b>

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