

# January 2019

MES

BREAKFAST



All students' Pre-K thru 12 eat breakfast free of charge.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday

7  
Strawberry Pop Tart  
Fruit Juice  
100% Fruit Slush  
Milk

8  
Apple Frudle  
Fruit Juice  
Berry Cup  
Milk

9  
Hot Ham & Cheese  
Fruit Juice  
Pineapple  
Milk

10  
Sausage & Biscuit  
Fruit Juice  
Apple Slices  
Milk

11  
Cereal  
Juice  
Craisins  
Milk

14  
Fudge Pop Tart  
Juice  
100% Fruit Slush  
Milk

15  
Strawberry Bagel  
Juice  
Peaches  
Milk

16  
Cini- Mini  
Juice  
Applesauce  
Milk

17  
Chicken & Biscuit  
Juice  
Grapes  
Milk

18  
Cereal  
Juice  
Raisins  
Milk

21  
No school

22  
Banana Bread  
Juice  
Berry Cup  
Milk

23  
Sausage Pancake Wraps  
Juice  
Mixed Fruit  
Milk

24  
Sausage & Biscuit  
Juice  
Apple Slices  
Milk

25  
Cereal  
Juice  
Craisins  
Milk

28  
Strawberry Pop Tart  
Juice  
100% Fruit Slush  
Milk

29  
Grape Crescent  
Juice / Milk  
Peach Cup

30  
Cinnamon Breadstick  
Juice  
Pineapple  
Milk

31  
Chicken & Biscuit  
Juice  
Grapes  
Milk

