

# January 2019

MHS

**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

1

2

3

4

5

7

Strawberry Pop Tart  
Fruit Juice  
100% Fruit Slush  
Milk

8

Apple Fudle  
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

Berry French Toast  
Juice  
Peaches  
Milk

16

Breakfast Pizza  
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

Pepperoni Stick  
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

