



January 2019 Secondary Breakfast Menu

JAN 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School - Winter Break

No School - Winter Break

No School - Winter Break

No School - Winter Break

No School - Winter Break

7
Dutch Waffles
Or
Sausage English Muffin
Or
Pop Tart
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

8
Breakfast Pizza
Or
Oatmeal W/Raisins
Or
UBR Bar
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

9
Sausage Gravy & Biscuits
Or
Biscuit & Jam
Or
Banana Bread
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

10
Colby Cheese Omelet W/ Toast
Or
Bacon & Egg English Muffin
Or
Banana Muffin
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

11
Mini Pancakes
Or
Breakfast Burrito
Or
Cinnamon Toast Cereal Bar
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

14
Pancake & Sausage on a Stick
Or
Egg & Cheese English Muffin
Or
Apple Nutrigrain Bar
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

15
Breakfast Pizza
Or
Sausage Biscuit
Or
Banana Bread
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

16
Apple Frudel
Or
Egg & Cheese Bagel
Or
Bagel & Cream Cheese
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

17
Cinnamon Rolls
Or
Chicken Biscuit
Or
Fudge Pop Tarts
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

18
Breakfast Burrito
Or
French Toast Bites
Or
Blueberry Muffin
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

21
No School - Martin Luther King Jr. Day

22
Sausage Gravy & Biscuits
Or
Mini Strawberry Bagel
Or
Trix Cereal Bar
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice
Choice of Milk

23
Cheesy Scrambled Eggs & Toast
Or
Apple Bosco Stick
Or
UBR Bar
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

24
Donut W/Cinnamon & Sugar
Or
Egg & Cheese Bagel
Or
Banana Bread
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

25
Breakfast Pizza
Or
Sausage Biscuit
Or
Blueberry Pop Tarts
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

28
Dutch Waffles
Or
Sausage English Muffin
Or
Pop Tart
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

29
Breakfast Pizza
Or
Oatmeal W/Raisins
Or
UBR Bar
Or
Smoothie
Or
Choice of Cereal
Fresh Fruit or Juice

30
Sausage Gravy & Biscuits
Or
Biscuit & Jam
Or
Banana Bread
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice

31
French Toast Sticks
Or
Chicken Biscuit
Or
Chocolate Muffin
Or
Parfait
Or
Choice of Cereal
Fresh Fruit or Juice