

JANUARY 2019

BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*Menu subject to change without notice

January is...

National Bath Safety Month
National Blood Donor Month
National Hobby Month
National Oatmeal Month
National Soup Month

Winter Squash

Winter squash have hard, thick skins and seeds, and are high in vitamins A and C, iron and riboflavin.

Did you know...

"Squash" comes from the Native American word askutasquash, which means "a green thing eaten raw."

WG= WHOLE GRAIN

1



2

Breakfast
Pizza
Fruit
Milk

3

Assorted
Yogurt
WG Muffin
Fruit
Milk

4

WG Cinnamon
Roll
Fruit
Milk

7

Hot Cereal
Fruit
Milk

8

WG Biscuit
with Sausage
Gravy
Fruit
Milk

9

Breakfast
Bar
Fruit
Milk

10

Ham and
Cheese
Pretzel
Fruit
Milk

11

Cheese
Omelet
WG Toast
Fruit
Milk

14

Pancake on a
Stick
Fruit
Milk

15

Breakfast
Sandwich
Fruit
Milk

16

Yogurt
Parfait
WG Muffin
Fruit
Milk

17

Apple Bosco
Fruit
Milk

18

WG Bagel
with Cream
Cheese
Fruit
Milk

21

Hot Cereal
Fruit
Milk

22

Scrambled
Eggs
WG Toast
Fruit
Milk

23

WG French
Toast Sticks
Fruit
Milk

24

Breakfast
Pizza
Fruit
Milk

25

NO
SCHOOL

28

Blueberry
Pancakes
Sausage
Fruit
Milk
Blueberry Pancake Day

29

Assorted
Cold Cereal
Fruit
Milk

30

WG Biscuit
with Sausage
Gravy
Fruit
Milk

31

Breakfast
Burrito
Fruit
Milk

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.