

January 2018

Garden County Schools

BREAKFAST



This menu is subject to change.
This institution is an equal opportunity provider.



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

NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL
TEACHER IN SERVICE

3

Cereal
Pop Tart
Fruit Cocktail
Fresh Fruit
Milk

4

Scrambled Egg
Toast
Apricots
Juice
Milk

5

Cereal
Cheese Stick
Pineapple
Juice
Milk

8

French Toast Sticks
Pears
Fresh Fruit
Milk

9

Donuts
Mixed Fruit
Juice
Milk

10

Oatmeal
Toast
Cinnamon Apples
Fresh Fruit
Milk

11

Yogurt Parfaits
Cereal Bar
Peaches
Juice
Milk

12

NO SCHOOL

15

Cereal
Granola Bar
Tropical Fruit
Fresh Fruit
Milk

16

Oatmeal
Toast
Mixed Berries
Juice
Milk

17

Breakfast Burrito
Applesauce
Fresh Fruit
Milk

18

Bagel
Fruit Cocktail
Juice
Milk

19

NO SCHOOL

22

Bacon Scrambled Pizza
Pears
Fresh Fruit
Milk

23

Oatmeal
Toast
Dried Fruit
Juice
Milk

24

English Muffin
Sausage Patty
Mango
Fresh Fruit
Milk

25

Cereal
Nutrigrain Bar
Pineapple
Juice
Milk

26

Egg Taco
Cinnamon Apples
Juice
Milk

29

Cereal
Muffin
Mandarin Oranges
Fresh Fruit
Milk

30

Bacon Egg Toast
Strawberries
Juice
Milk

31

