

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

