

JAN

MENU 2023

GEAR UP FOR
GYM



ANNOUNCEMENTS:
• *Menu is Subject to Change.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3 Egg and Toast
Cereal
Fruit
Juice
Milk

4 Glazed French Toast
Cereal
Fruit
Juice
Milk

5 Sausage and Biscuit
Cereal
Fruit
Juice
Milk

6 Stuffed Breadsticks
Cereal
Fruit
Juice
Milk

9 Cinnamon Toast
Cereal
Fruit
Juice
Milk

10 Breakfast Pizza
Cereal
Fruit
Juice
Milk

11 Kolache
Cereal
Fruit
Juice
Milk

12 Oatmeal and Toast
Cereal
Fruit
Juice
Milk

13 Pancake an Sausage on a Stick
Cereal
Fruit
Juice
Milk

16 Pancake Sausage Sandwiches
Cereal
Fruit
Juice
Milk

17 Powdered Donuts
Cereal
Fruit
Juice
Milk

18 Mini Pancakes
Cereal
Fruit
Juice
Milk

19 Biscuit and Gravy
Cereal
Fruit
Juice
Milk

20 Stuffed Breadsticks
Cereal
Fruit
Juice
Milk

23 Cereal Bars
Cereal
Fruit
Juice
Milk

24 Sausage and Biscuit
Cereal
Fruit
Juice
Milk

25 Muffins
Cereal
Fruit
Juice
Milk

26 Oatmeal and Toast
Cereal
Fruit
Juice
Milk

27 Pancake Sausage on Stick
Cereal
Fruit
Juice
Milk

30 Pancake Sausage Sandwich
Cereal
Fruit
Juice
Milk

31 Mini Waffles
Cereal
Fruit
Juice
Milk



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Food and Nutrition Division
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