

January 2019

Type Your School Name Here

BREAKFAST



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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. MENUS SUBJECT TO CHANGE A VARIETY OF MILK & JUICE TO CHOOSE FROM

Monday



Tuesday

Wednesday

Thursday

Friday

1

OUT

2

OUT

3

OUT

4

OUT

7

TEACHERS WORK DAY

8

SAUSAGE ROLL
CEREAL
FRUIT
JUICE MILK

9

FRENCH TOAST STICKS
CEREAL
FRUIT
JUICE
MILK

10

BREAKFAST PIZZA
CEREAL
FRUIT
JUICE
MILK

11

MINNI CINNIS
CEREAL
FRUIT
JUICE
MILK

14

BISCUIT
SAUSAGE
CEREAL
FRUIT
JUICE
MILK

15

EGG OMELET
CEREAL
FRUIT
JUICE
MILK

16

PANCAKES
CEREAL
FRUIT
JUICE
MILK

17

SCRAMBLED EGGS
CEREAL
FRUIT
JUICE
MILK

18

DANISH
CEREALFRUIT
JUICE
MILK

21

BAD WEATHER DAY

22

BREAKFAST BURRITO
CEREAL
FRUIT
JUICE
MILK

23

BREAKFAST PIZZA
CEREAL
FRUIT
JUICE
MILK

24

EGG OMELET
CEREAL
FRUIT
JUICE
MILK

25

POPARTS
CEREAL
FRUIT
JUICE
MILK

28

PANCAKE ON STICK
CEREALFRUIT
JUICE
MILK

29

FRENCH TOAST STICKS
CEREALFRUIT
JUICE
MILK

30

SAUSAGE ROLL
CEREAL
FRUIT
JUICE
MILK

31

SAUSAGE BISCUIT
W/ GRAVY
CEREAL FRUIT
JUICE MILK

