



Senior High School Breakfast Menu

Featuring Healthy Fruits & Grains!

BREAKFAST MENU FOR JANUARY 2019

This institution is an equal opportunity provider and employer.

		Wednesday, January 2	Thursday, January 3	Friday, January 4	
M		Hot Breakfast	Hot Breakfast	Hot Breakfast	Available Paily
		<u>Entrée</u> Choices	<u>Entrée</u> Choices	<u>Entrée</u> Choices	
GANGA		Plain Egg Patty	<u>Choices</u>	Plain Egg Patty	Choose 2 Items Fruit Juice, Fresh Fruit
		(I grain)	Cheese Omelet	(I grain)	or dished fruit
		Mini	(I grain)	Mini Cinis	*Must Choose 1 Fruit Item
		Cinis	Sausage & Pancake	(2 grains)	Choose 1 Item
		(2 grains)	Wrap (2 grains)	Breakfast Pizza (2 grains)	Milk: 1%, Fat-Free White or Chocolate
Jula David		Egg & Cheese	Egg & Cheese	Egg & Cheese	Choose 2 Items
Welcome Back!		Sandwich	Sandwich	Sandwich	Fresh bagel, donut, muffin, cereal, yogurt or cheese stick
We hope you enjoyed your break!		(2 grains)	(2 grains)	(2 grains)	cereal, yogori or cheese shok
				L	
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11	Boraldac Bibacl
Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast	Breakfast Bites!
<u>Hot Breakfast</u> <u>Entrée</u>	<u>Hot Breakfast</u> <u>Entrée</u>	<u>Hot Breakfast</u> <u>Entrée</u>	<u>Hot Breakfast</u> <u>Entrée</u>	Hot Breakfast Entrée	Breakfast Bites
Hot Breakfast	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	Hot Breakfast	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	choice today, but Greek
<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty	<u>Hot Breakfast</u> <u>Entrée</u>	Hot Breakfast Entrée Choices Plain Egg Patty	
Hot Breakfast Entrée Choices Plain Egg Patty (l grain)	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	Hot Breakfast Entrée Choices Plain Egg Patty (l grain) Mini	Hot Breakfast Entrée Choices	<u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u>	choice today, but Greek yogurt hasn't really
Hot Breakfast Entrée Choices Plain Egg Patty (l grain) French Toast Sticks	Hot Breakfast Entrée Choices Cheese Omelet (l grain) Pillsbury Pancake Baggie	Hot Breakfast Entrée Choices Plain Egg Patty (l grain) Mini Cinis	Hot Breakfast Entrée Choices Cheese Omelet (l grain) Sausage & Pancake	Hot Breakfast Entrée Choices Plain Egg Patty (I grain) Mini Cinis (2 grains)	choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as
Hot Breakfast Entrée Choices Plain Egg Patty (l grain)	Hot Breakfast Entrée Choices Cheese Omelet (l grain) Pillsbury Pancake	Hot Breakfast Entrée Choices Plain Egg Patty (l grain) Mini	Hot Breakfast Entrée Choices Cheese Omelet (I grain) Sausage & Pancake Wrap	Hot Breakfast Entrée Choices Plain Egg Patty (I grain) Mini Cinis (2 grains) Breakfast Pizza	choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as 2007, Greek
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Hot Breakfast Entrée Choices Plain Egg Patty (l grain) French Toast Sticks (2 grains) Egg & Cheese	Hot Breakfast Entrée Choices Cheese Omelet (l grain) Pillsbury Pancake Baggie (2 grains) Egg & Cheese	Hot Breakfast Entrée Choices Plain Egg Patty (l grain) Mini Cinis (2 grains) Egg & Cheese	Hot Breakfast Entrée Choices Cheese Omelet (l grain) Sausage & Pancake Wrap (2 grains) Egg & Cheese	Hot Breakfast Entrée Choices Plain Egg Patty (l grain) Mini Cinis (2 grains) Breakfast Pizza (2 grains) Egg & Cheese	choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as 2007, Greek yogurt accounted for less than 1% of all

First things First To make a breakfast, doose at least one	Monday, January 14 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (I grain) French Toast Sticks (2 grains) Egg & Cheese Sandwich (2 grains)	Tuesday, January 15 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (1 grain) Pillsbury Pancake Baggie (2 grains) Egg & Cheese Sandwich (2 grains)	Wednesday, January 16 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (l grain) Mini Cinis (2 grains) Egg & Cheese Sandwich (2 grains)	Thursday, January 17 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (I grain) Sausage & Pancake Wrap (2 grains) Egg & Cheese Sandwich (2 grains)	Friday, January 18 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (l grain) Mini Cinis (2 grains) Breakfast Pizza (2 grains) Egg & Cheese Sandwich (2 grains
Image: Second state of the second s	Monday, January 21 MLK Holiday School Closed	Tuesday, January 22 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (l grain) Pillsbury Pancake Baggie (2 grains) Egg & Cheese Sandwich (2 grains)	Wednesday, January 23 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (l grain) Mini Cinis (2 grains) Egg & Cheese Sandwich (2 grains)	Thursday, January 24 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (I grain) Sausage & Pancake Wrap (2 grains) Egg & Cheese Sandwich (2 grains)	Friday, January 25 Grading Day today No School Today
The original value media& still a fantastic dealBreakfast \$1,000State and reduced-price meals in our district:Sp-5388 or email: kstetter@rhnet.org	Monday, January 28 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (I grain) French Toast Sticks (2 grains) Egg & Cheese Sandwich (2 grains)	Tuesday, January 29 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (l grain) Pillsbury Pancake Baggie (2 grains) Egg & Cheese Sandwich (2 grains)	Wednesday, January 30 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Plain Egg Patty (l grain) <u>Mini</u> <u>Cinis</u> (2 grains) Egg & Cheese <u>Sandwich</u> (2 grains)	Thursday, January 31 <u>Hot Breakfast</u> <u>Entrée</u> <u>Choices</u> Cheese Omelet (I grain) Sausage & Pancake Wrap (2 grains) Egg & Cheese Sandwich (2 grains)	JANUARY JANUARY DIIIs Island (127) - Jan. Ellis Island (127) - Jan. Bradley Cooper (44) - Jan. 5 Kate Middleton (36) - Jan. 9 Dr. Martin Luther King - Jan. 15 Drew Brees (39) - Jan. 15 Drew Brees (39) - Jan. 15 Michelle Obama (54) - Jan. 17