



January 2021: Breakfast



NURTITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	04 Breakfast Pizza fruit 1% Milk LF Chocolate Milk LF Chocolate Milk	05 French Toast Fruit 1% Milk LF Chocolate Milk	06 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	07 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	08 Pancakes W/Syrup Fruit 1% Milk	
	11 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	12 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	13 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	14 Breakfast burrito 1% Milk LF Chocolate Milk	15 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	18 No School	19 French Toast Fruit 1% Milk LF Chocolate Milk	20 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	21 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	22 Pancakes W/Syrup Fruit 1% Milk	
	25 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	26 Scrambled eggs and bacon Fruit 1% Milk	27 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	28/ Breakfast burrito Fruit 1% Milk LF Chocolate Milk	29 No School	