

**BREAKFAST**



**January Breakfast Menu**

**Ringgold Elementary**

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<p><b>NO SCHOOL</b></p> 	<p><b>NO SCHOOL</b></p> <p>Happy Holidays!</p>	<p><b>NO SCHOOL</b></p> <p>Happy Holidays!</p>	<p><b>NO SCHOOL</b> For Students</p> <p><b>IN-SERVICE DAY</b></p>	<p><b>NO SCHOOL</b> For Students</p> <p><b>IN-SERVICE DAY</b></p>
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p>Pancake on a Stick with Syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Chicken Biscuit</p> <p>OR</p> <p>Cinnamon Toast and Yogurt</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Waffle w/ Syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Scrambled Eggs w/Toast</p> <p>OR</p> <p>Cinn. Toast w/ GO BIG YOGURT</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Sausage or Chicken Biscuit w/gravy</p> <p>OR</p> <p>Sausage or Chicken Biscuit</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<p><b>NO SCHOOL</b></p> <p><b>HOLIDAY</b></p> 	<p>Chicken Biscuit</p> <p>OR</p> <p>Cinnamon Toast and Yogurt</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>French Toast Sticks w/syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Breakfast Pizza</p> <p>OR</p> <p>Cinnamon Toast w/Oatmeal</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Sausage or Chicken Biscuit w/gravy</p> <p>OR</p> <p>Sausage or Chicken Biscuit</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p>Pancake on a Stick with Syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Chicken Biscuit</p> <p>OR</p> <p>Cinnamon Toast and Yogurt</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Waffle w/ Syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Scrambled Eggs w/Toast</p> <p>OR</p> <p>Cinn. Toast w/GO BIG YOGURT</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Sausage or Chicken Biscuit w/gravy</p> <p>OR</p> <p>Sausage or Chicken Biscuit</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>
MONDAY 29	TUESDAY 30	WEDNESDAY 31	<p>Assorted Milk, Fruit, and Juice will be served daily with Breakfast</p> 	
<p>Blueberry Pancake on a stick/syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>Chicken Biscuit</p> <p>OR</p> <p>Cinn. Toast and Yogurt</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>	<p>French Toast Sticks w/syrup</p> <p>OR</p> <p>Fruit and Yogurt Parfait w/Granola</p> <p>Choice of Cereal with Toast</p> <p>Jelly offered with Toast</p>		

"This Institution is an Equal Opportunity Provider"