

# January 2019 DAWSON SPRINGS 7<sup>th</sup> – 12<sup>th</sup> GRAB & GO

## BREAKFAST



[USDA Nondiscrimination Statement](#)



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat & top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, & artichoke hearts.

### Monday

WELCOME BACK



WE MISSED YOU

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice & Milk **7**

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice & Milk **14**

NO SCHOOL **21**

Martin Luther King Jr Day

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice & Milk **28**

### Tuesday

BREAK

**1**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **8**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **15**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **22**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **29**

### Wednesday

BREAK

**2**

Sausage Egg & Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice & Milk **9**

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice & Milk **16**

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice & Milk **23**

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice & Milk **30**

### Thursday

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **3**

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **10**

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **17**

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **24**

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **31**

### Friday

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **4**

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **11**

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **18**

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice & Milk **25**

