

# January 2019 DAWSON SPRINGS K-12

## BREAKFAST



[USDA Nondiscrimination Statement](#)



**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.

### Monday



WELCOME BACK  
WE MISSED YOU

### Tuesday

BREAK

### Wednesday

BREAK

### Thursday

Mini Pancakes  
Pears  
Variety of Juice  
Variety of Milk

### Friday

Sausage Pancake on a Stick  
Apple  
Variety of Juice  
Variety of MILK

Sausage  
Gravy  
Biscuit  
Applesauce/Apple  
Variety of Juice  
Variety of Milk

Breakfast Pizza  
Peaches  
Variety of Juice  
Variety of Milk

Strawberry Pop tart  
Cinnamon Pop tart  
Fudge Pop Tart  
Banana  
Variety of Juice  
Variety of Milk

Donuts  
Pears  
Variety of Juice  
Variety of Milk

Sausage Pancake on a Stick  
Apple  
Variety of Juice  
Variety of MILK

Sausage  
Gravy  
Biscuit  
Applesauce/Apple  
Variety of Juice  
Variety of Milk

Breakfast Pizza  
Peaches  
Variety of Juice  
Variety of Milk

Strawberry Pop tart  
Cinnamon Pop tart  
Fudge Pop Tart  
Banana  
Variety of Juice  
Variety of Milk

Mini Pancakes  
Pears  
Variety of Juice  
Variety of Milk

Sausage Pancake on a Stick  
Apple  
Variety of Juice  
Variety of MILK

NO SCHOOL

Martin Luther King Jr Day

Breakfast Pizza  
Peaches  
Variety of Juice  
Variety of Milk

Strawberry Pop tart  
Cinnamon Pop tart  
Fudge Pop Tart  
Banana  
Variety of Juice  
Variety of Milk

Donuts  
Pears  
Variety of Juice  
Variety of Milk

Sausage Pancake on a Stick  
Apple  
Variety of Juice  
Variety of MILK

Sausage  
Gravy  
Biscuit  
Applesauce/Apple  
Variety of Juice  
Variety of Milk

Breakfast Pizza  
Peaches  
Variety of Juice  
Variety of Milk

Strawberry Pop tart  
Cinnamon Pop tart  
Fudge Pop Tart  
Banana  
Variety of Juice  
Variety of Milk

Mini Pancakes  
Pears  
Variety of Juice  
Variety of Milk

