

January 2018

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain**



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.



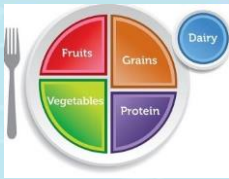
Monday

Tuesday

Wednesday

Thursday

Friday



1

2

3

4

5

French Toast w/syrup
Or
Bagel w/cream chz
Or
Cinn Toast Crunch Bar
Applesauce
Orange Juice
Milk

8

Steak & Egg Biscuit
Or
Apple Frudel
Or
Coco Puff Cereal Bar
Diced Peaches
Apple Juice
Milk

9

Egg & Chz English Muffin
Or
Choc Chip Oatmeal Bar
Or
French Toast w/syrup
Mixed Fruit
Orange Juice
Milk

10

Pancakes w/syrup
or
Breakfast Burrito
Or
Trix Cereal Bar
Diced Pears
Apple Juice
Milk

11

Steak Biscuit
or
Bosco Breakfast Stick
Or
Cinn Toast Crunch Bar
Pineapple Tidbits
Orange Juice
Milk

12

No
School

15

Sausage Egg Chz Muffin
Or
Bagel w/cream chz
Or
Choc Chip Oatmeal Bar
Strawberry Cups
Orange Juice
Milk

16

Pancake Sausage Stick
Or
Blueberry Muffin
Or
Coco Puffs Cereal Bar
Diced Pears
Grape Juice
Milk

17

Chicken Biscuit
Or
Breakfast Tornado Stick
Or
Trix Cereal bar
Pineapple Tidbits
Orange Juice
Milk

18

Breakfast Pizza
Or
Choc Chip Muffin
Or
Cinn Toast Crunch Bar
Mixed Fruit
Apple Juice
Milk

19

French Toast w/syrup
Or
Bagel w/cream chz
Or
Cinn Toast Crunch Bar
Applesauce
Orange Juice
Milk

22

Steak & Egg Biscuit
Or
Apple Frudel
Or
Coco Puff Cereal Bar
Diced Peaches
Apple Juice
Milk

23

Egg & Chz English Muffin
Or
Choc Chip Oatmeal Bar
Or
French Toast w/syrup
Mixed Fruit
Orange Juice
Milk

24

Pancakes w/syrup
or
Breakfast Burrito
Or
Trix Cereal Bar
Diced Pears
Apple Juice
Milk

25

Steak Biscuit
or
Bosco Breakfast Stick
Or
Cinn Toast Crunch Bar
Pineapple Tidbits
Orange Juice
Milk

26

Steak Biscuit
or
Cinn Toast Crunch Bar
Or
French Toast w/syrup
Diced Peaches
Apple Juice
Milk

29

Sausage Egg Chz Muffin
Or
Bagel w/cream chz
Or
Choc Chip Oatmeal Bar
Strawberry Cups
Orange Juice
Milk

30

Pancake Sausage Stick
Or
Blueberry Muffin
Or
Coco Puffs Cereal Bar
Diced Pears
Grape Juice
Milk

31

