

January 2018

Ralph Askins Elementary

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 entrée, Milk and Fruit/Juice****



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.



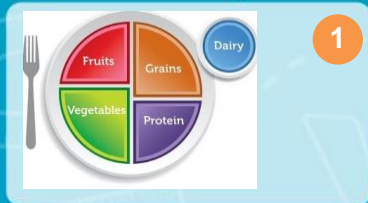
Monday

Tuesday

Wednesday

Thursday

Friday



1

2

3

4

5

Pancakes w/syrup
 Or
 Choc Chip Oatmeal Bar
 Applesauce
 Orange Juice
 Milk

8

Bacon Biscuit
 Or
 Cinn Toast Crunch Cereal
 Diced Peaches
 Apple Juice
 Milk

9

Sausage, Egg & Chz on
 English Muffin
 Or
 Keebler Graham Gripz
 Mixed Fruit
 Orange Juice
 Milk

10

Breakfast Pizza
 Or
 Choc Chip Muffin
 Strawberry Cups
 Apple Juice
 Milk

11

Chicken Sliders
 Or
 Lucky Charms Cereal
 Diced Pears
 Orange Juice
 Milk

12

No
 School

15

French Toast w/syrup
 Or
 BlueBerry Muffin
 Strawberry Cups
 Orange Juice
 Milk

16

Egg & Chz Omelet w/Muffin
 Or
 Cherry Frudel
 Diced Pears
 Apple Juice
 Milk

17

Beef Steak Biscuit
 Or
 Lucky Charms Cereal
 Pineapple Tidbits
 Orange Juice
 Milk

18

Breakfast Pizza
 Or
 Keebler Animal Crackers
 Mixed Fruit
 Apple Juice
 Milk

19

Pancakes w/syrup
 Or
 Choc Chip Oatmeal Bar
 Applesauce
 Orange Juice
 Milk

22

Bacon Biscuit
 Or
 Cinn Toast Crunch Cereal
 Diced Peaches
 Apple Juice
 Milk

23

Sausage, Egg & Chz on
 English Muffin
 Or
 Keebler Graham Gripz
 Mixed Fruit
 Orange Juice
 Milk

24

Breakfast Pizza
 Or
 Choc Chip Muffin
 Strawberry Cups
 Apple Juice
 Milk

25

Chicken Sliders
 Or
 Lucky Charms Cereal
 Diced Pears
 Orange Juice
 Milk

26

Sausage Biscuit
 or
 Cinn Toast Crunch Cereal
 Diced Peaches
 Apple Juice
 Milk

29

French Toast w/syrup
 Or
 BlueBerry Muffin
 Strawberry Cups
 Orange Juice
 Milk

30

Egg & Chz Omelet w/Muffin
 Or
 Cherry Frudel
 Diced Pears
 Apple Juice
 Milk

31

