

January 2021

MENLO ELEMENTARY SCHOOL

BREAKFAST



Cafeteria Manager, Patricia Bentley

Welcome back, students!



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

USDA is an equal opportunity provider, employer, and lender. Reference: USDA MyPlate

Monday



4

Tuesday

Wednesday



Thursday

Friday

1

5
Chicken Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

6
Breakfast Pizza
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

7
Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit & Milk/Juice

8
Gravy Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

11
Bacon Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

12
Egg & Cheese Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

13
Muffin
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

14
Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit & Milk/Juice

15
Bacon & Egg Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

18
MLK Day/No School

19
Chicken Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

20
Breakfast Pizza
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

21
Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit & Milk/Juice

22
Gravy Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

25
Bacon Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

26
Egg & Cheese Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

27
Muffin
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

28
Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit & Milk/Juice

29
Bacon & Egg Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice