

January 2021

LYERLY ELEMENTARY SCHOOL

BREAKFAST



Cafeteria Manager, Jessica Cabe

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



Tuesday

Wednesday



Thursday

Friday

4

Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

5

Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

6

Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

7

Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

1

11

Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

12

Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

13

Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

14

Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

15

Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

18

MLK Day/No School

19

Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

20

Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

21

Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

22

Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

25

Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

26

Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

27

Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

28

Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

29

Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice