

January 2021

Type Your School Name Here

BREAKFAST



Fleming School (whole grains, fruit, juice and milk served daily) Menu is subject to change
This institution is an equal opportunity provider



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.

Reference: USDA MyPlate

Monday



4

Sausage & Egg Burrito
Yogurt & toast
Juice

11

Fruity breakfast pizza
Breakfast bar
Juice

18

Brown sugar oatmeal
Yogurt & toast
Juice

25

French toast sticks
Egg sandwich
Fresh fruit

Tuesday



5

Sausage & Egg Burrito
Yogurt & toast
Juice

12

Fruity breakfast pizza
Breakfast bar
Juice

19

Brown sugar oatmeal
Yogurt & toast
Juice

26

French toast sticks
Egg sandwich
Fresh fruit

Wednesday



6

Ham, egg & cheese croissant
Yogurt & graham crackers
Juice

13

Muffin variety
Yogurt & toast
Fresh fruit

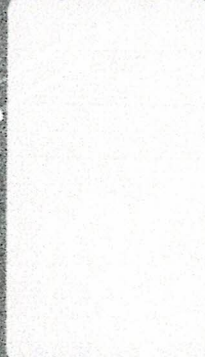
20

Egg & cheese scramble
Breakfast cookie
Fresh fruit

27

Breakfast burrito
Fruit & yogurt bowl
Juice

Thursday



7

Benefit bar
Cereal variety
Fresh fruit

14

Sausage & egg Muffin
Cereal variety
Fresh fruit

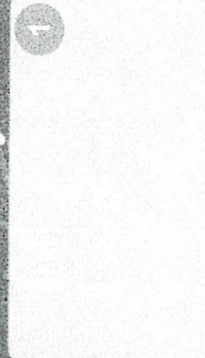
21

Peanut Butter-banana roll-up
Breakfast bar
Fresh fruit

28

Mini pancakes
Oatmeal variety
Fresh fruit

Friday



8

Frudle
Breakfast bar
Fresh fruit

15

Pancake on a stick
Benefit bar
Fresh fruit

22

Cinnamon roll
Muffin variety
Fresh fruit

29

Frudle
Muffin variety
Fresh fruit