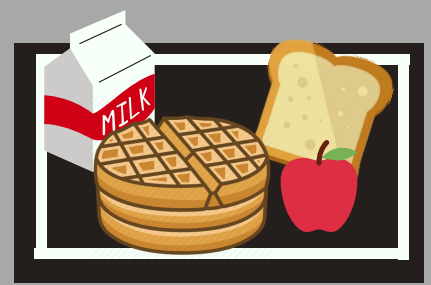


January 2019 Middle Schools & MTA Breakfast Menu



Fat Free White Milk or Fat Free Flavored Milk is offered with each meal.
This institution is an equal opportunity provider. Menus are subject to change.

Breakfast of Champions

- Monday, Jan. 7th**Hot & Crispy
Breakfast Pizza
- Tuesday, Jan. 8th**Breakfast Scramble
- Wednesday, Jan. 9th**Fuel Up Breakfast Bar
- Thursday, Jan. 10th**Banana-rama Waffle
Sandwich
- Friday, Jan. 11th**Fruit & Yogurt Popsicle
w/Granola

Keep Calm...and Eat Breakfast

- Monday, Jan. 14th**Fluffy Pancake
- Tuesday, Jan. 15th**Brilliant Breakfast
Bistro Box
- Wednesday, Jan. 16th**.....Protein Packed Breakfast
Burrito
- Thursday, Jan. 17th**Marvelous Muffin Top
- Friday, Jan. 18th**.....Heavenly Iced
Cinnamon Roll



Every Day Eats

- *Variety of Cereal
- *Fresh Fruit
- *Cinnamon Toast



Breakfast:

The Best Part of Waking Up

- Monday, Jan. 21st**Martin Luther King Jr.
Day: No School
- Tuesday, Jan. 22nd**.....Strawberry Parfait Tower
- Wednesday, Jan. 23rd**...Topsy-Turvy Waffle
- Thursday, Jan. 24th**Piping Hot Banana Bread
- Friday, Jan. 25th**.....Pancake & Sausage
Corn Dog

Increase Your Energy & Focus by Eating Breakfast

- Monday, Jan. 28th**.....Glazed Donut Bites
- Tuesday, Jan. 29th**Hearty Breakfast
Quesadilla
- Wednesday, Jan. 30th**.....Flaky Apple Strudel
- Thursday, Jan. 31st**.....Madison McMuffin
Egg Sandwich
- Friday, Feb. 1st**.....Hot & Crispy
Breakfast Pizza

#FoodforThought

Did you know that some foods are believed to be lucky to eat during New Year's Eve? Look to the right to find out which ones!



- Spain:** grapes
- Italy:** lentils
- Japan:** soba noodles
- USA:** collard greens, beans, pork
- Greece:** pomegranates