



TEAYS VALLEY ELEMENTARY

JANUARY 2019 BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST SLIDER CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
 NO SCHOOL	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	BREAKFAST SLIDER CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
STUDENT LUNCH...\$2.70	REDUCED LUNCH.....40		EXTRA MILK.....50	Adult Lunch...\$4.00
BREAKFAST PRICES:	STUDENT BREAKFAST.....\$1.50		REDUCED-PRICE BREAKFAST.....\$0.30	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

NUTRITION NOTES:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL KIDNEY BEANS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!



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