



JANUARY

PDS
K-12 BREAKFAST MENU



MONDAY

03

Whole Grain Donut 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

TUESDAY

04

Breakfast Egg Bake 1 Serving

½ c Fruit choice
½ c Juice Choice
1 c Milk

WEDNESDAY

05

Biscuits & Gravy 1 Serving

½ c Fruit choice
½ c Juice Choice
1 c Milk

THURSDAY

06

Bento Box 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

FRIDAY

07

Fruit Yogurt Parfait 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

10

French Toast Sticks 3ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

11

Assorted Whole Grain Muffin & String Cheese 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

12

Fresh Baked Cinnamon Roll 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

13

Pancakes 2ea with Syrup

½ c Fruit choice
½ c Juice Choice
1 c Milk

14

Breakfast Egg Sausage Sandwich 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

17

MLK DAY
NO SCHOOL

18

Breakfast Burrito 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

19

Fruit Yogurt Parfait 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

20

Breakfast Pizza 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

21

Pancake Sausage on a Stick 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

24

Whole Grain Donut 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

25

Breakfast Egg Bake 1 Serving

½ c Fruit choice
½ c Juice Choice
1 c Milk

26

Biscuits & Gravy 1 Serving

½ c Fruit choice
½ c Juice Choice
1 c Milk

27

Bento Box 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

28

Fruit Yogurt Parfait 1ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

31

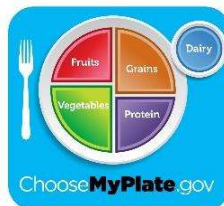
French Toast Sticks 3ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

OFFERED DAILY:

Nutrition Bar with a variety of fruits and vegetables

Assorted milks



FRESH PICKS

PARSNIPS



ETHIOPIA