

# JANUARY 2022

## Roland-Story Elementary School

### BREAKFAST



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**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

**NO SCHOOL**

3

### TUESDAY

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

4

### WEDNESDAY

Breakfast Pizza  
Apple/Banana/Orange  
Milk

5

### THURSDAY

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

6

### FRIDAY

Cereal  
Pop tart  
Apple/Banana/Orange  
Milk

7

Cheese Omelet  
Graham Crackers  
Apple/Banana/Orange  
Milk

10

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

11

Breakfast Pizza  
Apple/Banana/Orange  
Milk

12

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

13

Cereal  
Pop tart  
Apple/Banana/Orange  
Milk

14

Cherry Frudel  
Apple/Banana/Orange  
Milk

17

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

18

Breakfast Pizza  
Apple/Banana/Orange  
Milk

19

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

20

Cereal  
Pop tart  
Apple/Banana/Orange  
Milk

21

French Toast Sticks  
Sausage Links  
Apple/Banana/Orange  
Milk

24

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

25

Breakfast Pizza  
Apple/Banana/Orange  
Milk

26

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

27

Cereal  
Pop tart  
Apple/Banana/Orange  
Milk

28

Apple Frudel  
Apple/Banana/Orange  
Milk

31

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

**Happy  
New  
Year  
2022!!**

