

# January 2021

## Roland-Story High School

### BREAKFAST



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



### Tuesday

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

### Wednesday



### Thursday

### Friday

**NO SCHOOL**  
**Winter Break**

1

**NO SCHOOL**  
**Winter Break**

4

Mini Pancakes  
Apple/Banana/Orange  
Milk

5

Breakfast Pizza  
Apple/Banana/Orange  
Milk

6

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

7

Cereal  
Graham Crackers  
Apple/Banana/Orange  
Milk

8

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

11

Turkey Bacon, Egg, and  
Cheese Biscuit  
Apple/Banana/Orange  
Milk

12

Breakfast Pizza  
Apple/Banana/Orange  
Milk

13

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

14

Cereal  
Muffin  
Apple/Banana/Orange  
Milk

15

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

18

Cheese Omelet  
Graham Cracker Pack  
Apple/Banana/Orange  
Milk

19

Breakfast Pizza  
Apple/Banana/Orange  
Milk

20

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

21

Cereal  
Poptart  
Apple/Banana/Orange  
Milk

22

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

25

Mini Cinnamon Rolls  
Apple/Banana/Orange  
Milk

26

Breakfast Pizza  
Apple/Banana/Orange  
Milk

27

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

28

Cereal  
Graham Crackers  
Apple/Banana/Orange  
Milk

29