

January 2021

Roland-Story Middle 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