

# January 2021

# WEST ELEMENTARY!

# BREAKFAST



## WEST ELEMENTARY



**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.

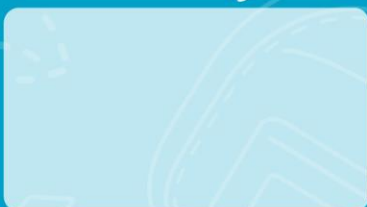
Reference: USDA MyPlate

### Monday



4

### Tuesday



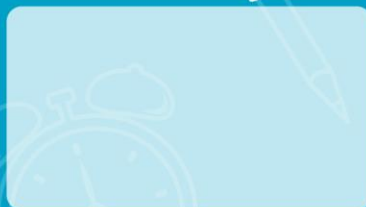
5

### Wednesday



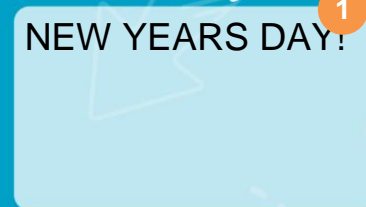
6

### Thursday



7

### Friday



1

8



Waffles w/Sausage  
Pop tart, cereal or muffin  
Juice/ milk

Bacon, egg and cheese  
biscuit. Cereal, muffin or  
poptart. Juice/ milk

Mini cinnamon roll  
w/sausage. Muffin or  
cereal. Juice / milk

Sausage biscuit  
Cereal, muffin or poptart.  
Juice / milk

Breakfast pizza  
Muffin, cereal or poptart  
Juice/ milk

French toast w/ sausage  
Cereal, muffin or poptart  
Juice/Milk

Bacon, egg and cheese  
biscuit. Muffin, cereal or  
poptart  
Juice/ milk

Mini cinnamon roll w/  
sausage. Muffin or cereal  
Juice/ milk

Sausage biscuit  
Cereal, muffin or poptart  
Juice/ Milk

NO SCHOOL!!

Mini pancakes w/  
sausage. Cereal, muffin  
or poptart.  
Juice/ Milk

Bacon, egg and cheese  
biscuit. Muffin , cereal or  
poptart.  
Juice/ Milk

Mini cinnamon roll w/  
sausage. Cereal, muffin  
or poptart  
Juice/ Milk

Sausage biscuit  
Muffin, cereal or poptart  
Juice/ Milk

Breakfast pizza  
Muffin, cereal or poptart  
Juice/ Milk

Waffles w/ sausage  
Cereal, poptart or muffin  
Juice/ Milk

Bacon ,egg and cheese  
biscuit. Muffin, cereal or  
poptart.  
Juice/ milk

Mini cinnamon roll  
sausage. Poptart, cereal  
or muffin.  
Juice/ Milk

Sausage biscuit  
Muffin , cereal or poptart  
Juice / Milk