

# January 2019

## PANGBURN SCHOOL

### BREAKFAST



**School Information:** All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Offered every day: Cereal, pop tart, cereal bar, graham cracker. Milk & Juice provided every day!  
\*G-N-G Breakfast

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

1

NO SCHOOL!

2

NO SCHOOL!

3

NO SCHOOL!

4

NO SCHOOL!

7

NO SCHOOL!  
PD DAY STAFF!

8

Mini donuts  
Raisins  
\*G-N-G  
Mini donuts  
Raisins

9

French toast sticks/syrup  
Mixed berry fruit cups  
\*G-N-G  
Breakfast Burrito  
Fresh fruit

10

Biscuit & gravy  
Fresh fruit  
\*G-N-G  
Sausage, egg, & cheese biscuit  
Fresh fruit

11

Waffles w/syrup  
Diced peaches  
\*G-N-G  
Donut holes  
Fresh fruit

14

Sausage & biscuit  
Raisins  
\*G-N-G  
Sausage, egg, & cheese biscuit  
Fresh fruit

15

Dutch waffle  
Diced pears  
\*G-N-G  
Dutch waffle  
Fresh fruit

16

Super bun  
applesauce cup  
\*G-N-G  
Super bun  
Fresh fruit

17

Ultra chocolate loaf  
Diced peaches  
\*G-N-G  
Ultra chocolate  
Fresh fruit

18

Mini powdered donuts  
Fresh fruit  
\*G-N-G  
Mini powdered donuts  
Fresh fruit

21

Oatmeal & toast  
Raisins  
\*G-N-G  
Mini chocolate donuts  
Raisins

22

Blueberry muffin  
Banana  
\*G-N-G  
Blueberry muffin  
Banana

23

Mini cream cheese bagel  
mixed fruit  
\*G-N-G  
Mini cream cheese bagel  
Fresh fruit

24

Twin pack sausage & biscuit  
Diced peaches  
\*G-N-G  
Twin pack sausage & biscuit  
Fresh fruit

25

Pancakes w/syrup  
Applesauce cup  
\*G-N-G  
Breakfast pizza  
Fresh fruit

28

Chocolate muffin  
Raisins  
\*G-N-G  
Chocolate muffin  
Raisins

29

Texas toast, sausage link,  
Eggs / Applesauce  
\*G-N-G  
Tornado w/sausage & egg  
Fresh fruit

30

Confetti mini pancakes  
Diced peaches  
\*G-N-G  
Confetti mini pancakes  
Fresh fruit

31

Ham & egg bagel  
Fresh fruit  
\*G-N-G  
Ham, egg, & cheese bagel  
Fresh fruit

