

JANUARY 2022

Caston School Corporation

BREAKFAST



School Information: Reimbursed Breakfast includes the main entrée and at least a fruit. Menu Subject To Change



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

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

Sausage & Cheese Biscuit or Cereal, Fruit or Juice, and Milk

10

Assorted Pop Tarts and Cereal, Fruit or Juice, and Milk

11

Pancake w/Sausage or Cereal, Fruit or Juice, and Milk

12

Breakfast Muffin or Cereal, Fruit or Juice, and Milk

13

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk

14

Waffles w/Sausage or Cereal, Fruit or Juice, and Milk

17

Sausage Egg Biscuit or Cereal, Fruit or Juice, and Milk

18

Breakfast Pizza or Cereal, Fruit or Juice, and Milk

19

Assorted Pop Tart or Cereal, Fruit or Juice, and Milk

20

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk

21

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk

24

Scrambled Eggs w/Toast or Cereal, Fruit or Juice, and Milk

25

Pancake on a Stick or Cereal, Fruit or Juice, and Milk

26

Cinnamon Roll or Cereal, Fruit or Juice, and Milk

27

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk

28

WG Muffin or Cereal, Fruit or Juice, and Milk

31

