

JANUARY 2023

Caston School Corporation

BREAKFAST



School Information: K-12 Breakfast Prices for Reduced: \$.30 and Pay: \$3.00. Due to not in season fruit, we will utilize canned fruit.



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

WEDNESDAY

THURSDAY

FRIDAY

Winter Break

2

Winter Break

3

Assorted Pop Tarts
Cereal
Apples
Fruit Juice
Milk

4

Sausage and Cheese Biscuit
Cereal
Canned Fruit
Fruit Juice
Milk

5

Biscuits & Gravy
Cereal
Fresh Fruit
Fruit Juice
Milk

6

Breakfast Pizza
Cereal
Applesauce Cups
Fruit Juice
Milk

9

Mini Pancakes
Cereal
Strawberries
Fruit Juice
Milk

10

Cinnamon Rolls
Cereal
Canned Fruit
Fruit Juice
Milk

11

Scrambled Eggs & Sausage
Link
Cereal
Mandarin Oranges
Fruit Juice
Milk

12

Biscuits & Gravy
Cereal
Fresh Fruit
Fruit Juice
Milk

13

Bagels w/Toppings
Cereal
Canned Fruit
Fruit Juice
Milk

16

Blueberry Muffins
Cereal
Yogurt Cups
Fruit
Fruit Juice
Milk

17

French Toast Sticks
w/Sausage Link
Canned Fruit
Fruit Juice
Milk

18

Breakfast Pizza
Fruit Cups
Fruit Juice
Milk

19

Biscuits & Gravy
Cereal
Fresh Fruit
Fruit Juice
Milk

20

Pancake on Stick
Cereal
Canned Fruit
Fruit Juice
Milk

23

Cheesy Ham Bake
Cereal
Fresh Fruit
Fruit Juice
Milk

24

Assorted Pop Tarts
Cereal
Fruit
Fruit Juice
Milk

25

Scrambled Eggs w/Toast
Cereal
Fruit
Fruit Juice
Milk

26

Biscuits & Gravy
Cereal
Fruit
Fruit Juice
Milk

27

Ham & Cheese Bagel
Cereal
Canned Fruit
Fruit Juice
Milk

30

Uncrustable
Cereal
Fruit
Fruit Juice
Milk

31



*Menu is Subject to Change due to product availability

