

K-12 Breakfast Menu

January 2018

Food Bytes

**Whole School, Whole Community,
Whole Child**

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

The Whole School, Whole Community, Whole Child (WSCC) model includes:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
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Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
			Chef's Choice for Entrée, Grain, and Fruit	Chef's Choice for Entrée, Grain, and Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
French Toast Sticks w/ syrup 100% Fruit Juice Fruit	Oatmeal bar Yogurt Cup 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Breakfast Bosco 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
No School 	Pancake on a stick w/ syrup 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Waffles w/ syrup 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit		

Menus are subject to change.

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