

JANUARY 2023

Ponce de Leon High School

BREAKFAST



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

NO SCHOOL

2

TUESDAY

NO SCHOOL

3

WEDNESDAY

Assorted Cereal
Milk
Orange Juice
Fruit

4

THURSDAY

Cheese Grits
Assorted Cereal
Milk
Orange Juice
Fruit

5

FRIDAY

Blueberry Muffin
Assorted Cereal
Milk
Orange juice
Fruit

6

Assorted Cereal
Assorted Pop Tart
Milk
Orange Juice
Fruit

9

Breakfast Pizza
Assorted Pop Tart
Milk
Orange Juice
Fruit

10

Choc. Chip French Toast
Assorted Pop Tart
Milk
Orange Juice
Fruit

11

Donut Holes
Assorted Pop Tart
Milk
Orange Juice
Fruit

12

Blueberry Muffin
Assorted Pop Tart
Milk
Orange Juice
Fruit

13

NO SCHOOL

16

Assorted Cereal
Assorted Pop Tart
Milk
Orange Juice
Fruit

17

Chicken Croissant
Assorted Cereal
Milk
Orange Juice
Fruit

18

Mini French Toast
Assorted Cereal
Milk
Orange Juice
Fruit

19

Blueberry Muffin
Assorted Cereal
Milk
Orange Juice
Fruit

20

Assorted Pop Tart
Assorted Cereal
Milk
Orange Juice
Fruit

23

Donut
Assorted Pop Tart
Milk
Orange Juice
Fruit

24

Waffles
Assorted Pop Tart
Milk
Orange Juice
Fruit

25

Mini Cinnamon Rolls
Assorted Pop Tart
Milk
Orange Juice
Fruit

26

Blueberry Muffin
Assorted Pop Tart
Milk
Orange Juice
Fruit

27

Assorted Cereal
Assorted Pop Tart
Milk
Orange Juice
Fruit

30

Pancakes
Assorted Cereal
Milk
Orange Juice
Fruit

31

