



# BREAKFAST

# JANUARY 2022

High School

-MILK AVAILABEL AT ALL MEALS

-ALL GRAINS SERVED ARE WHOLE GRAIN RICH

-MENU SUBJECT TO CHANGE DUE TO SUPPLIER SHORTAGES

FRESH FRUIT & JUICE SERVED WITH EVERY BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

3

Oatmeal Fit Bars  
or Cereal  
Cheese Stick

4

French Toast Bites  
or Cereal

5

Muffin Squares  
or Cereal  
Yogurt

6

Banana Split  
or Cereal

7

Breakfast Burrito  
or Cereal

10

Fruit Smoothie  
or Cereal

11

Sausage Egg  
& Cheese on  
English Muffin  
or Cereal

12

Eggo Waffle Bites  
or Cereal  
Yogurt

13

Fruit Pizza  
or Cereal

14

Donuts or cereal  
Yogurt

17

Martin Luther  
King Jr Day  
No School

18

Mini Cinni  
or Cereal

19

Breakfast Pizza  
or Cereal

20

Bagel &  
Cream Cheese  
or Cereal  
Boiled Egg

21

Chicken in a Biscuit  
or Cereal

24

Parfait  
or Cereal

25

Coffee Cake  
or Cereal  
Yogurt

26

Cheese Quiche  
or Cereal

27

Eggo Waffle Bites  
or Cereal

28

Ham, Egg  
& Cheese Biscuit  
or Cereal

31

Pizza on a Hashbrown  
or Cereal  
Boiled Egg



**ALL MEALS ARE FREE FOR NVSD STUDENTS!**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**