

BREAKFAST

JANUARY 2022
ALLEN PARISH SCHOOL BOARD

Assorted cereal available each day;
Breakfast to go bags may also be available

Monday

Tuesday

Wednesday

Thursday

Friday

whole-grain turkey ham & cheese croissant
apricots
apple
choice of milk or juice

mini biscuits
sausage patty
mandarin oranges
blueberries
choice of milk or juice

whole-grain cinnamon & raisin bagel w/cream cheese or cheese toast
fruit cocktail, apple
choice of milk or juice

oatmeal or oatmeal muffin square
hash brown
raisins, banana
choice of milk or juice

blueberry waffles w/syrup
vanilla graham crackers
grapes
orange
choice of milk or juice

grape or chocolate crescents
string cheese stick
apricots
banana
choice of milk or juice

sausage, egg & cheese wrap or cheese toast
yogurt cup
pineapple tidbits
apple
choice of milk or juice

breaded chicken biscuit or breakfast pizza
chocolate graham crackers
applesauce, plums
choice of milk or juice

scrambled eggs
cinnamon roll
pears
peaches
choice of milk or juice

French toast sticks w/syrup
hash brown
melon cup
banana
choice of milk or juice

NO SCHOOL – MLK HOLIDAY

ham slice & grits
Trix cereal bar or graham crackers
peaches, orange
choice of milk or juice

plain bagel w/cream cheese or toast w/jelly
string cheese stick
apricots, banana
choice of milk or juice

pancake on a stick
hash brown
fruit cocktail
grapes
choice of milk or juice

breakfast break kit
muffin (banana or blueberry)
blueberries
raisins
choice of milk or juice

breakfast pizza
honey bun
pears
apple
choice of milk or juice

whole-grain biscuit
sausage patty
fruit cocktail
plums
choice of milk or juice

waffle & chicken sausage sandwich or cheese toast
oatmeal
pineapple tidbits, banana
choice of milk or juice

mini French toast w/syrup
hash brown
peaches
apple
choice of milk or juice

blueberry & cream cheese stick
yogurt with granola
mandarin oranges
pears
choice of milk or juice

mini pancakes w/syrup
sausage link
melon cup
banana
choice of milk or juice

DISCLAIMER: Please note that breakfast and lunch menus are subject to change without notice due to the availability of products from our distributors, staff shortage, and school closures.

This institution is an equal opportunity provider.

