

JANUARY 2024

Edinboro & McKean Elementary

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**No
School**

1

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

2

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

3

French Toast Sticks
Or Cereal Orange
Slices Smoothies
Milk

4

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

5

Funnel Cake Or
Cereal Pears Milk
and Juice

8

Mini Waffles Or
Cereal Mandarin
Oranges Smoothies

9

Breakfast Sandwich
Or Cereal Pears Milk
and Juice

10

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

11

Breakfast Sandwich or
Cereal or Donuts
Pineapple Milk and
Juice

12

**No
School**

15

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

16

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

17

French Toast Sticks
Or Cereal Orange
Slices Smoothies
Milk

18

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

19

**No
School**

22

Mini Waffles Or
Cereal Mandarin
Oranges Smoothies

23

Breakfast Sandwich
Or Cereal Pears Milk
and Juice

24

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

25

Breakfast Sandwich or
Cereal or Donuts
Pineapple Milk and
Juice

26

Muffins
Or Cereal
Orange Wedges
Milk and Juice

29

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

30

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

31

