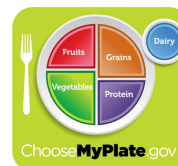


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>4</p> <p>Glazed Cinnamon Roll Yogurt Fruit Juice Assorted Milk</p>	<p>5</p> <p>Southern Style Chicken Biscuit Fresh Fruit Juice Assorted Milk</p>	<p>6</p> <p>Buttered Croissant with Ham and Cheese Fresh Fruit Juice Assorted Milk</p>
<p>9</p> <p>Country Style Sausage Gravy with Biscuit Fresh Fruit Juice Assorted Milk</p>	<p>10</p> <p>Wild Blueberry Muffin Choice of Cereal Fresh Fruit Juice Assorted Milk</p>	<p>11</p> <p>Breakfast Burrito with Ham and Cheese Fresh Fruit Juice Assorted Milk</p>	<p>12</p> <p>Sausage Link Biscuit Fresh Fruit Juice Assorted Milk</p>	<p>13</p> <p>Baked Cheddar Grits Scrambled Eggs Fruit Juice Assorted Milk</p>
<p>16</p> <p>KING/LEE HOLIDAY</p>	<p>17</p> <p>Breakfast Bagel with Sausage and Cheese Fruit Juice Assorted Milk</p>	<p>18</p> <p>French Toast Sticks with Powdered Sugar Choice of Cereal Fresh Fruit Juice / Assorted Milk</p>	<p>19</p> <p>Sausage Patty Biscuit Fresh Fruit Juice Assorted Milk</p>	<p>20</p> <p>Buttered Grits Southern Style Biscuit With Jelly Fruit Juice / Assorted Milk</p>
<p>23</p> <p>Southern Style Chicken Biscuit Fruit Cup Juice Assorted Milk</p>	<p>24</p> <p>Cinnamon Raisin Biscuit with Icing Yogurt Fruit Juice / Assorted Milk</p>	<p>25</p> <p>Buttered Croissant with Ham and Cheese Fresh Fruit Juice Assorted Milk</p>	<p>26</p> <p>Pancake Griddle Stick with Maple Syrup Fresh Fruit Juice Assorted Milk</p>	<p>27</p> <p>Baked Cheddar Grits Scrambled Eggs Fruit Juice Assorted Milk</p>
<p>30</p> <p>Breakfast Pizza with Sausage and Cheese Fruit Juice Assorted Milk</p>	<p>31</p> <p>Scrambled Eggs Biscuit with Jelly Fresh Fruit Juice Assorted Milk</p>	<div data-bbox="905 1117 1577 1295" style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT</p> <p>In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast.¹</p> </div>		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



School Information:

- January 2 – New Year's Holiday
- January 3 – Professional Development Day
- January 16 – King/Lee Holiday