

# JAN 2023

GEAR UP FOR THE GYM



## ANNOUNCEMENTS:

### MONDAY

2  
**HOLIDAY**

3  
SAUSAGE KOLACHE  
YOGURT  
CEREAL  
TOAST  
FRUIT MILK

4  
**HOLIDAY**

1  
CROSSIANT HAM AND CHEESE  
CEREAL  
TOAST  
YOGURT FRUIT MILK

2  
PANCAKES  
BACON  
CEREAL  
TOAST  
FRUIT MILK

### TUESDAY

**TEACHER'S INSERVICE**

9  
CHEESE OMELET  
BREAKFAST BREAD  
CHEESESTICKS  
FRUIT  
MILK  
SALSA

16  
FRUDEL  
CEREAL  
GRAHAM CRACKERS  
YOGURT  
FRUIT  
MILK

23  
FRENCH TOAST STICKS  
SAUSAGE  
GRAHAM CRACKERS  
CHEESESTICK  
FRUIT  
MILK

30  
SCRAMBLED EGGS  
BACON  
TOAST  
HASH BROWNS  
CEREAL  
FRUIT MILK

### WEDNESDAY

4  
WAFFLES  
BACON  
CEREAL  
TOAST  
FRUIT MILK

11  
BISCUITS  
GRAVY  
SCRAMBLED EGGS  
BACON  
FRUIT  
MILK

18  
BREAKFAST SANDWICH  
CEREAL  
TOAST  
MUFFIN  
FRUIT MILK

25  
BREAKFAST PARFAIT  
MUFFIN  
YOGURT  
CEREAL  
TOAST  
FRUIT MILK

### THURSDAY

5  
OATMEAL  
CINNAMON TOAST  
CHEESESTICKS  
CEREAL  
FRUIT MILK

12  
BREAKFAST PIZZA  
YOGURT  
CEREAL  
TOAST  
FRUIT  
MILK

19  
BISCUITS  
SCRAMBLED EGGS  
SAUSAGE  
HASH BROWNS  
CHEESESTICK  
FRUIT MILK

26  
PANCAKE WRAP  
YOGURT  
BREAKFAST BREAD  
FRUIT  
MILK

### FRIDAY

6  
BREAKFAST BURRITO  
HASH BROWNS  
CEREAL  
TOAST  
FRUIT MILK

13  
FRENCH TOAST  
SAUSAGE  
CEREAL  
TOAST  
FRUIT  
MILK

20  
BREAKFAST COOKIE  
YOGURT  
CEREAL  
TOAST  
FRUIT MILK

27  
CINNAMON ROLL  
BACON  
CEREAL  
TOAST  
FRUIT MILK



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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