



Tichenor Middle BREAKFAST Menu

January 2019



Mon	Tue	Wed	Thu	Fri
<p><i>*Each Day Students are offered the following Options:</i> For Better Health Eat 5 servings of Fruits or Vegetables Daily</p>				
	1	2	3	4
<p>***Menu subject to change due to food availability</p> <p>USDA Nondiscrimination Statement This Institution is an Equal Opportunity Provider</p>	<p>Winter Break New Years' Day</p>	<p>Winter Break</p>	<p>Sausage Gravy BK Pizza Cocoa Cherry Bar/Toast Choc Mini Wheats/ Toast</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>Sausage Patty on Slider Bun Cinna Toast Cereal w/ toast Trix Yogurt/ Bug Bites Strawberry Smoothies w/ cherry cocoa bar</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
7	8	9	10	11
<p>Cinnamon Toast (2) Cherry Strudel Cinnamon Frosted Flakes/ Toast Bagel w/ cream cheese</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>French Toast Sticks/ syrup Lucky Charms w/ toast Blueberry Muffins/ toast</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Powdered Sugar Donut Holes Trix Cereal/ Toast Trix Yogurt/ Bug Bites</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Dutch Waffle/ Pwd Sugar Choc Mini Wheats/ toast Sausage Gravy BK Pizza</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>Pancakes (2)/ syrup Cinna Toast Cereal w/ Toast Choc Muffin/ toast Kellogg's Poptarts</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
14	15	16	17	18
<p>Iced Cinnamon Roll Cinnamon Frost Flakes/ toast Trix Cereal Bar/ toast Banana Brd</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>Goldkist Chicken Patty on Biscuit Lucky Charms w/ toast Trix Yogurt/ Bug Bites</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Cinna Minis Trix Cereal/ Toast Apple Cinnamon Muffin/ toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Sausage Pancake Nuggets/ syrup Choc Mini Wheats/ toast Mini Choc Donuts</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>No School In Service</p>
21	22	23	24	25
<p>No School MLK Holiday</p>	<p>Sausage/Cheese Biscuit Lucky Charms w/ toast Mini Powdered Donuts</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Mixed Berry Parfait Trix Cereal/ Toast Cocoa Puff Cereal Bar/ Toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Cinn/Sugar Donut Holes Choc Mini Wheats/ Toast Trix Cereal Bar/ Toast</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>BK Chicken Patty/ Biscuit Banana Bread Cinna Toast Cereal/ Toast Strawberry Smoothie w/ cocoa cherry bar</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
28	29	30	31	
<p>French Toast Sticks/ syrup Cinnamon Frosted Flakes/ Toast Trix Yogurt/ Bug Bites</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>Sausage Pancake Nuggets/Syrup Lucky Charms/ Toast Mini Choc Donuts</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Plain Bagel w/ cream cheese Trix Cereal/ Toast Choc Muffin w/ Toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Cherry Strudel Choc Frosted Mini Wheats/Toast Cocoa Cherry Bar/ Toast</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	