

January

2022

SHELTON PUBLIC - BREAKFAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL TEACHER IN-SERVICE	4 NO SCHOOL TEACHER WORK DAY	5 Low fat yogurt Ultimate breakfast round Fruit	6 Cereal choice Scooby snacks Fruit Juice Milk	7 Breakfast pizza Fruit Juice Milk	8
9	10 Sausage egg biscuit Fruit juice milk	11 Cereal bar Sunflower seeds Fruit juice milk	12 Cheese omelet WG toast Fruit juice milk	13 Cereal choice Scooby snacks Fruit juice milk	14 Low fat yogurt WG donut Fruit juice milk	15
16	17 Breakfast burrito Fruit juice Milk	18 Cereal choice Scooby snacks Fruit Juice Milk	19 Sausage gravy on WG biscuit Fruit Juice Milk	20 Cereal bar Sunflower seeds Fruit Juice Milk	21 Low fat yogurt Wg cinnamon roll Fruit Juice Milk	22
23	24 French toast Bacon strips Fruit Juice Milk	25 Cereal bar Sunflower seeds Fruit Juice Milk	26 Breakfast casserole WG toast Fruit Juice Milk	27 Cereal choice Scooby snacks Fruit Juice Milk	28 Low fat yogurt Blueberry muffin Fruit Juice Milk	29
30	31 Breakfast pizza Fruit juice milk	We are an equal opportunity provider.	All meals are served with low fat or skim milk.			