

# JANUARY 2023

## Fairfield K-12

### BREAKFAST



#### School Information:



**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



Muffins  
Fruit Juice  
Fruit  
Milk

9

#### TUESDAY



Sausage Biscuit  
Fruit Juice  
Fruit  
Milk

10

#### WEDNESDAY



Cereal Bar  
Yogurt  
Fruit  
Fruit Juice  
Milk

11

#### THURSDAY



Grits  
Buttered Toast  
Sausage  
Fruit  
Fruit Juice  
Milk

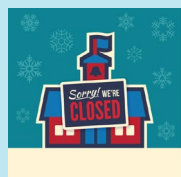
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#### FRIDAY



Mini French Toast  
Fruit  
Fruit Juice  
Milk

13



16

Breakfast Pizza  
Fruit  
Fruit Juice  
Milk

17

Biscuits w/gravy  
Fruit  
Fruit Juice  
Milk

18

Chicken Biscuit  
Fruit  
Fruit Juice  
Milk

19

Mini Pancakes  
Fruit  
Fruit Juice  
Milk

20

Breakfast Burrito  
Fruit Juice  
Fruit  
Milk

23

Oatmeal  
Sausage  
Fruit  
Fruit Juice  
Milk

24

Ham & Cheese Biscuit  
Fruit  
Fruit Juice  
Milk

25

Pancake Sausage Dog  
Fruit  
Fruit Juice  
Milk

26

Yogurt Parfait Bar  
Fruit toppings  
Granola  
Fruit Juice  
Milk

27

Cheesy Cinnamon Ba.  
Fruit Juice  
Fruit  
Milk

30

Muffins  
Fruit Juice  
Fruit  
Milk

31

