

# JANUARY 2022

## School District of Florence County

### BREAKFAST



**School Information:**  
Early Dismissal Jan 13th



**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

French Toast Sticks **3**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

### TUESDAY

WG Muffins **4**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

### WEDNESDAY

Pop Tart **5**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

### THURSDAY

Bagel & Cream Cheese **6**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

### FRIDAY

Early Riser **7**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

Biscuit & Sausage Gravy **10**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

Breakfast Sandwich **11**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

WG Muffins **12**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

Breakfast Pizza **13**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

Waffles **14**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

Pop Tarts **17**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

Straw. Cr. Cheese Bagels **18**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

Oatmeal **19**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

Pancake Wrap **20**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

Cinnamon Roll **21**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

English Muffins **24**  
Egg & Sausage  
WG Cereal  
Cereal Bar  
Fruit  
Juice Milk

French Toast Sticks **25**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

WG Donuts **26**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

Nutter Butter Sandwich **27**  
WG Cereal  
Cereal Bar  
Fruit  
Juice  
Milk

Pancake Bites **28**  
WG Cereal  
String Cheese  
Fruit  
Juice  
Milk

WG Muffins **31**  
WG Cereal  
Yogurt  
Fruit  
Juice  
Milk

