

JANUARY 2023

White Pass School District JR/SR

BREAKFAST



Breakfast and Lunch Meals are no charge to Students.

All Menu items are subject to change based on product availability, and may change at any time.

This institution is an equal opportunity provider.



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

No School

2

TUESDAY

French Toast
Assorted Cereal
Pop Tart & Cheese Stick
Apple Slices
Juice and Milk

3

WEDNESDAY

Muffin & Yourt
Assorted Cereal
Apple Cinnamon Oatmeal
Whole Orange
Juice and Milk

4

THURSDAY

Breakfast Sandwich
Yogurt & Goldfish
Assorted Cereal
Banana
Juice and Milk

5

FRIDAY

Bagel & Cream Cheese
Assorted Cereal
Pop Tart & Cheese Stick
Assorted Whole Fruit
Juice and Milk

6

Breakfast Sandwich
Assorted Cereal
Instant Oatmeal
Mixed Berry Cup
Juice and Milk

9

Pancake on a Stick
Assorted Cereal
Pop Tart & Cheese Stick
Assorted Whole Fruit
Juice and Milk

10

National Milk Day
Muffin & Yogurt
Assorted Cereal
Apple Sauce
Juice and Milk

11

Waffles
Assorted Cereal
Pop Tarts
Assorted Whole Fruit
Juice and Milk

12

Assorted Cereal
Pot Tart & Cheese Stick
Instant Oatmeal
Assorted Whole Fruit
Juice and Milk

13

No School

16

Martin Luther King Jr.
"I have a Dream"

Bagel & Cream Cheese
Muffin & Yogurt
Apple Sauce
Juice and Milk

17

Breakfast Sandwich
Assorted Cereal
Pop Tart & Cheese Stick
Berry Cup
Juice and Milk

18

French Toast Sticks
Assorted Cereal
Instant Oatmeal
Banana
Juice and Milk

19

Donut Stick
Cheese Stick & Crackers
Muffin & Yogurt
Assorted Whole Fruit
Juice and Milk

20

Breakfast Sandwich
Assorted Cereal
Pop Tart & Cheese Stick
Assorted Whole Fruit
Juice and Milk

23

National Compliment Day
Waffles
Assorted Cereal
Whole Apple, Juice & Milk

24

Biscuits and Gravy
Assorted Cereal
Assorted Whole Fruit
Juice and Milk

25

French Toast Sticks
Assorted Cereal
Instant Oatmeal
Apple Sauce
Juice and Milk

26

Bagel & Cream Cheese
Yogurt & Goldfish Graham
Assorted Cereal
Whole Orange
Juice and Milk

27

Yogurt Parfait
Assorted Cereal
Assorted Whole Fruit
Juice and Milk

30

Pancake on a stick
Pop Tart & Cheese Stick
Assorted Whole Fruit
Juice and Milk

31

