

# January 2018

## MERIT ACADEMY

### BREAKFAST



Breakfast comes with milk and 100% fruit juice  
Cold Cereal is offered as a choice daily.

This institution is an equal opportunity provider



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1  
NO SCHOOL TODAY

2  
Bagels with cream cheese  
Yogurt  
Pop-tarts

3  
Cinnamon Texas toast  
Yogurt

4  
Muffins  
Yogurt

5  
Breakfast burrito with Salsa

8  
Poptarts  
Yogurt

9  
Pancake on a stick

10  
Cinnamon rolls

11  
Breakfast Pizza

12  
NO SCHOOL TODAY

15  
NO SCHOOL TODAY

16  
Bagel w/ cream cheese  
Yogurt

17  
Hash browns  
Sausage and toast

18  
Apple cinnamon oatmeal or  
Waffles with syrup

19  
Cheesy bacon and eggs  
Toast

22  
Pop-tarts  
Yogurt

23  
Muffins with yogurt

24  
Pancake on a stick

25  
Cinnamon Texas toast

26  
Breakfast Pizza

29  
Pop-tarts  
Yogurt

30  
Breakfast burrito

31  
Biscuits and gravy

