

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

NO SCHOOL TODAY

1

Bagels with cream cheese
Yogurt
Pop-tarts

2

Cinnamon Texas toast
Yogurt

3

Muffins
Yogurt

4

Breakfast burrito with Salsa

5

Poptarts
Yogurt

8

Pancake on a stick

9

Cinnamon rolls

10

Breakfast Pizza

11

NO SCHOOL TODAY

12

NO SCHOOL TODAY

15

Bagel w/ cream cheese
Yogurt

16

Hash browns
Sausage and toast

17

Apple cinnamon oatmeal or
Waffles with syrup

18

Cheesy bacon and eggs
Toast

19

Pop-tarts
Yogurt

22

Muffins with yogurt

23

Pancake on a stick

24

Cinnamon Texas toast

25

Breakfast Pizza

26

Pop-tarts
Yogurt

29

Breakfast burrito

30

Biscuits and gravy

31

