

JANUARY 2024

Maysville Public School

BREAKFAST



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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

1

TUESDAY

NO SCHOOL

2

WEDNESDAY

Honey Buns or
Cereal
Fruit
Milk

3

THURSDAY

Tornados or
Cereal
Fruit
Milk

4

FRIDAY

Muffins w/Yogurt or
Cereal
Fruit
Milk

5

Pancake on a Stick or
Cereal
Fruit
Milk

8

Sausage Biscuits w/jelly
Or Cereal
Fruit
Milk

9

Pancakes w/sausage
Links or Cereal
Fruit
Milk

10

National Milk Day
Tornados or Cereal
Fruit
Milk

11

Honey Buns or Cereal
Fruit
Milk

12

NO SCHOOL

15

Ham, Cheese, Egg
Biscuit or Cereal
Fruit
Milk

16

Pancake on Stick or
Cereal
Fruit
Milk

17

Tornados or Cereal
Fruit
Milk

18

Honey Buns or Cereal
Bars
Fruit
Milk

19

Eggs & Biscuit w/jelly
Or Cereal
Fruit
Milk

22

Sausage Cheese Biscuit
or Cereal
Fruit
Milk

23

National Compliment Day
Chocolate Pancake
Muffins w/syrup or
Cereal/Fruit/ Milk

24

Tornados or Cereal
Fruit
Milk

25

Muffins w/Yogurt or
Cereal
Fruit
Milk

26

Pancakes w/ Syrup or
Cereal
Fruit
Milk

29

Ham, Egg, Cheese
Biscuit or Cereal
Fruit
Milk

30

Pancake on Stick or
Cercal
Fruit
Milk

31

