

# Happy New Year!

## HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

January 2021

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – 4	Tuesday – 5	Wednesday – 6	Thursday – 7	Friday – 8
		Chocolate-Chocolate Chip Muffin Cereal	Breakfast Sausage Pizza Cereal	Oatmeal Popcorn Chicken Cereal
Monday – 11	Tuesday - 12	Wednesday - 13	Thursday - 14	Friday - 15
Cinnamon Roll  Cereal	Chicken Biscuit Cereal	Bacon and Egg on a Croissant Cereal	Mini Honeybun Popcorn Chicken Cereal	Sausage Biscuit Cereal
Monday - 18	Tuesday - 19	Wednesday - 20	Thursday - 21	Friday - 22
Martin Luther King, Jr. Day No School	Biscuit Gravy Cereal	Cinnamon Glazed French Toast Sticks Cereal	Biscuit Scrambled Egg Cereal	Pop-Tart Popcorn Chicken Cereal
Monday - 25	Tuesday - 26	Wednesday - 27	Thursday - 28	Friday – 29
Soft Filled Cinnamon Toast Crunch Bar Cereal	Chocolate-Chocolate Chip Muffin Cereal	Eggo Blueberry Mini Pancakes Cereal	Breakfast Sausage Pizza Cereal	Oatmeal Popcorn Chicken Cereal

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

### Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 7 oz. eq. per week)
- 1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met
- 1 cup Fruit daily (5 cups weekly)
- 1 cup Milk daily (5 cups per week)

### Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider.

