

# Happy New Year!

## HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

January 2022

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

Monday – 3	Tuesday – 4	Wednesday – 5	Thursday – 6	Friday – 7
	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Funnel Cake Waffle  Cereal
Monday – 10	Tuesday - 11	Wednesday - 12	Thursday - 13	Friday - 14
Biscuit Gravy Cereal	Blueberry Muffin  Cereal	Breakfast Flatbread  Cereal	Blueberry Bash Mini Waffles Cereal	Scrambled Egg Biscuit Cereal
Monday - 17	Tuesday - 18	Wednesday – 19	Thursday - 20	Friday - 21
Martin Luther King, Jr. Day No School	Pop-Tart  Cereal	Mini Cinnis  Cereal	Breakfast Sausage Pizza Cereal	Biscuit Gravy Cereal
Monday - 24	Tuesday - 25	Wednesday - 26	Thursday - 27	Friday – 28
Chocolate-Chocolate Chip Muffin Cereal	Chicken Biscuit Cereal	Cinnamon Roll  Cereal	Cinnamon Glazed French Toast Sticks Cereal	Breakfast Sausage Pizza 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.

