

# Happy New Year!

## HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

January 2019

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

Monday – 7	Tuesday – 8	Wednesday – 9	Thursday – 10	Friday – 11
Chicken Biscuit Cereal	Breakfast Sausage Pizza Cereal	Egg and Cheese Biscuit Cereal	Cinnamon Glazed French Toast Sticks Cereal	Oatmeal Chicken Rings Cereal
Monday – 14	Tuesday - 15	Wednesday - 16	Thursday - 17	Friday - 18
Sausage Breakfast Bites Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Funnel Cake Waffle Cereal
Monday - 21	Tuesday - 22	Wednesday - 23	Thursday - 24	Friday - 25
Martin Luther King, Jr. Day No School	Cinnamon Glazed French Toast Sticks Cereal	Ham and Cheese on a Croissant Cereal	Scrambled Egg Biscuit Cereal	Biscuit Gravy Cereal
Monday - 28	Tuesday - 29	Wednesday - 30	Thursday - 31	Friday – Feb. 1
Chicken Biscuit Cereal	Eggo Blueberry Mini Pancakes Cereal	Breakfast Sausage Pizza Cereal	Egg and Cheese Biscuit Cereal	Oatmeal Chicken Rings 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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.



# 2019

