

First things First

BREAKFAST @SCHOOL

For first-class learning!

Prince George's County Secondary Schools

BREAKFAST MENUS FOR January 2015

USDA is an equal opportunity provider and employer.

Featuring Healthy Fruits & Grains!



Monday, January 5

Choose One:
Cinnamon Roll +
Yoplait Yogurt w/Graham Crackers +
Egg & Cheese on Bun +
Sausage Biscuit*

Choose Up to Two:
Applesauce
Orange Juice

Choose One:
Assorted Milk

Tuesday, January 6

Choose One:
Southwestern Breakfast Empanada +
Egg, Turkey Sausage & Cheese Stuffer
Cinnamon Pancake Sandwich +
Sausage Biscuit*

Choose Up to Two:
Mandarin Oranges
Grape Juice

Choose One:
Assorted Milk

Wednesday, January 7

Choose One:
Turkey Sausage Breakfast Pizza
Chicken Biscuit
Turkey Pancake Wrap on a Stick
Sausage Biscuit*

Choose Up to Two:
Tropical Fruit Salad
Apple Juice

Choose One:
Assorted Milk

Thursday, January 8

Choose One:
Banana Bread +
Warm Bagel w/Choice of Spread +
Strawberry & Yogurt Parfait w/Graham Crackers +
Sausage Biscuit*

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 9

Choose One:
Toast & Pork Sausage*
Peanut Butter Jamwich
Assorted Muffins +
Sausage Biscuit*

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Monday, January 12

Choose One:
Maple Pancake Wraps*
Turkey Sausage Breakfast Pizza
Pillsbury Waffles +
Sausage Biscuit*

Choose Up to Two:
Tropical Fruit Salad
Orange Juice

Choose One:
Assorted Milk

Tuesday, January 13

Choose One:
Apple Cinnamon Scone +
Old El Paso Fold n' Go w/Turkey Chorizo
Warm Bagel w/Choice of Spread +
Sausage Biscuit*

Choose Up to Two:
Fresh Orange
Apple Juice

Choose One:
Assorted Milk

Wednesday, January 14

Choose One:
Chicken Biscuit
Eggo Pancakes +
Cinnamon French Toast Sticks +
Sausage Biscuit*

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, January 15

Choose One:
Egg & Cheese on Bun +
Turkey Pancake Wrap on a Stick
Ham, Egg & Cheese Tac-Go*
Sausage Biscuit*

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 16

Choose One:
Yoplait Yogurt w/Graham Crackers +
Toast & Pork Sausage*
Cinnamon Bread +
Sausage Biscuit*

Choose Up to Two:
Applesauce
Assorted Juices

Choose One:
Assorted Milk

Here's your chance to help Mom finally keep a New Year's resolution!

Your parents no doubt made a few resolutions for the New Year. Here's one you can help them keep: save money and stay healthy by joining us for meals



at school. The meals we serve offer a convenient, economical, and healthy alternative for your school-day nutrition. So why not resolve to take advantage of this great service every day? This New Year, do yourself -- and your family budget -- a favor. Join us for lunch -- *and breakfast* -- at school every day!

Breakfast \$1.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
301-952-6517

First things First



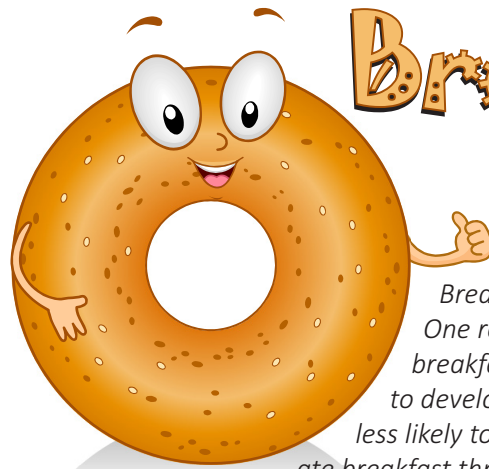
**NEW THIS YEAR
FOR YOUR
BREAKFAST
@SCHOOL!**

For a
**Complete Breakfast
select at least
ONE FRUIT and TWO
other food items.**

Some choices may count as 2 items.
Please ask for help if you need it.



Featuring Healthy Fruits & Grains!



**Breakfast
Bites!**

Breakfast really is a miracle meal!
One recent study found that daily
breakfast eaters were 34% less likely
to develop type 2 diabetes and 43%
less likely to become obese than folks who
ate breakfast three or fewer times per week.

**Martin Luther King Jr's
Birthday**



January 19
No School

Available Daily!

Daily Breakfast Offerings

Assorted General Mills Cereals w/Graham Crackers+
Seasonal Fresh Fruit & Fruit Cup
100% Fruit Juice

Milk: 1% Plain, Fat-Free Plain

Full student breakfast includes choice of one entree
(grain or meat/meat alternate w/grain), up to two
fruits and a choice of one milk.

¹Fruit Parfait selection includes choice of one fruit only.

*Item Contains Pork

+Item is Meatless

¹Item contains Beef

Menus are subject to change.

Tuesday, January 20

Choose One:
Turkey Pancake Wrap on a Stick
Cinnamon French Toast Sticks +

Egg, Turkey Sausage &
Cheese Stuffer

Sausage Biscuit*

Choose Up to Two:
Mandarin Oranges
Grape Juice

Choose One:
Assorted Milk

Wednesday, January 21

Choose One:
Pillsbury Waffles +
Breakfast Wrap +

Turkey Bacon, Egg & Cheese
Pan Scramble

Sausage Biscuit*

Choose Up to Two:
Fresh Orange
Apple Juice

Choose One:
Assorted Milk

Thursday, January 22

Choose One:
Chicken Biscuit
Mexican Sweet Roll +
Strawberry & Yogurt Parfait
w/Graham Crackers +¹

Sausage Biscuit*

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 23

Choose One:
Turkey Sausage Breakfast
Pizza

Cinnamon Roll +
Old El Paso Fold n' Go
w/Turkey Chorizo
Sausage Biscuit*

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Monday, January 26

GRADING/
TEACHER
PLANNING



Tuesday, January 27

Choose One:
Assorted Muffins +
Southwestern Breakfast
Empanada +
Pillsbury Turkey Sausage
Sunrise Flatbread
Sausage Biscuit*

Choose Up to Two:
Fresh Apple
Grape Juice

Choose One:
Assorted Milk

Wednesday, January 28

Choose One:
Toast & Pork Sausage*
Egg & Cheese on Bun +
Yoplait Yogurt w/Graham
Crackers +
Sausage Biscuit*

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, January 29

Choose One:
Warm Bagel w/Choice of
Spread +
Maple Pancake Wraps*
Ham, Egg & Cheese Tac-Go*

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, January 30

Choose One:
Turkey Bacon, Egg & Cheese
Pan Scramble
Apple Cinnamon Scone +
Cinnamon French Toast
Sticks +
Sausage Biscuit*

Choose Up to Two:
Applesauce
Assorted Juices

Choose One:
Assorted Milk