



BREAKFAST

JANUARY 2023

Hamilton County Elementary School

Hamilton County School District
Food & Nutrition Services
Hamilton County School District
and USDA are Equal Opportunity
Providers and Employers

Menus are Subject to Change

Monday

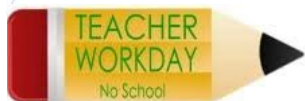
Tuesday

Wednesday

Thursday

Friday

2



3

Donut Stick
Assorted Fruit
Variety Low-Fat Milk

4

Breakfast Sandwich
Assorted Fruit Juice
Variety Low-Fat Milk

5

Donut Bites
Assorted Fruit
Variety Low-Fat Milk

6

Breakfast Pizza
Assorted Fruit Juice
Variety Low-Fat Milk

9

Cereal
Assorted Fruit Juice
Variety Low-Fat Milk

10

Texas Toast
Assorted Fruit
Variety Low-Fat Milk

11

WG Breakfast Bun
Assorted Fruit Juice
Variety Low-Fat Milk

12

Breakfast Sandwich
Assorted Fruit
Variety Low-Fat Milk

13

Eggo Mini Cinnamon
Assorted Fruit Juice
Variety Low-Fat Milk

16



17

Breakfast Muffin
Assorted Fruit
Variety Low-Fat Milk

18

Mini Pancakes
Assorted Fruit Juice
Variety Low-Fat Milk

19

WG Breakfast Bun
Assorted Fruit
Variety Low-Fat Milk

20

Hot Pocket
Assorted Fruit Juice
Variety Low-Fat Milk

23

Cereal
Assorted Fruit Juice
Variety Low-Fat Milk

24

Texas Toast
Assorted Fruit
Variety Low-Fat Milk

25

Donut Bites
Assorted Fruit Juice
Variety Low-Fat Milk

26

Mini Pancakes
Assorted Fruit
Variety Low-Fat Milk

27

Breakfast Pizza
Assorted Fruit Juice
Variety Low-Fat Milk

30

Cereal
Assorted Fruit Juice
Variety Low-Fat Milk

31

Breakfast Sandwich
Assorted Fruit
Variety Low-Fat Milk

Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

