

# January 2019

# Pleasant Ridge High School

# BREAKFAST



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Cereal 2 varieties **7**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Pancake On A Stick

Cereal 2 varieties **8**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Sausage Biscuit

Cereal 2 varieties **9**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **3**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Biscuits and Gravy

Cereal 2 varieties **4**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **14**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Pancakes and Sausage

Cereal 2 varieties **15**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Breakfast Pizza

Late Start **16**  
Cereal 2 varieties  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **17**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Biscuits and Gravy

Cereal 2 varieties **18**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut



Cereal 2 varieties **22**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Sausage Biscuit

Cereal 2 varieties **23**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **24**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Tornado

Cereal 2 varieties **25**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **28**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Pancakes and Sausage

Cereal 2 varieties **29**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Breakfast Pizza

Cereal 2 varieties **30**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Donut

Cereal 2 varieties **31**  
Pop- Tart or Strudel  
100% Fruit Juice 3 varieties  
Fruit / Yogurt  
Biscuits and Gravy

