

# JANUARY 2023

# ESCAMBIA CHRISTIAN SCHOOL

## BREAKFAST



**School Information:** ALL MEALS ARE SERVED WITH 1% WHITE MILK, FAT FREE CHOCOLATE MILK, OR BOTTLED WATER.



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

### MONDAY

CHRISTMAS BREAK **2**

WG MUFFINS  
GRAPES **9**

BREAKFAST BAR  
APPLES **16**

WG POP TARTS  
APPLES **23**

WG CEREAL CUPS  
APPLES **30**

### TUESDAY

CHRISTMAS BREAK **3**

CHEWY GRANOLA  
BARS  
GRAPES **10**

GRANOLA BAR  
APPLES **17**

BREAKFAST BAR  
SLICED ORANGES **24**

WG POP TARTS  
SLICED ORANGES **31**

### WEDNESDAY

CHRISTMAS BREAK **4**

WG CEREAL CUPS  
BANANAS **11**

WG CHERRIO CUPS  
APPLES **18**

WG CEREAL CUPS  
BANANAS **25**

### THURSDAY

WG POP TARTS  
SLICED APPLES **5**

NUTRI GRAIN BAR  
SLICED ORANGES **12**

MUFFINS  
STRAWBERRIES **19**

NUTRI GRAIN BARS  
SLICED APPLES **26**

### FRIDAY

BEVITA BREAKFAST  
BISCUITS  
SLICED APPLES **6**

WG POP TARTS  
SLICED APPLES **13**

NUTRI GRAIN BARS  
SLICED ORANGES **20**

WG MUFFINS  
STRAWBERRIES **27**

