

# January 2018

## Resurrection Catholic Middle and High School

### BREAKFAST



Tuesdays and Thursdays  
Fruit & Yogurt Parfaits



**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 and employer**



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

HAPPY NEW YEAR

2

HAPPY HOLIDAY

3

HAPPY HOLIDAY

4

HAPPY HOLIDAY

5

HAPPY HOLIDAY

8

HAPPY HOLIDAY

9

1)Scrambled Eggs  
Sausage  
2)Cereal/Pop Tart  
Fruit

10

1)French Toast Sticks  
2)Cereal/Pop Tart  
Fruit

11

1)Sausage Biscuit  
2)Cereal/Pop Tart

12

1)Grits/Sausage  
2)Cereal/Pop Tart  
Fruit

15

WINTER BREAK

16

1)Pancake Pup  
2)Cereal/Pop Tart  
Fruit

17

1)Bacon-Egg-Cheese  
Biscuit  
2)Cereal/Pop Tart  
Fruit

18

1)Cinna Mini  
2)Cereal/Pop Tart  
Fruit

19

1)Breakfast Pizza  
2)Cereal/Pop Tart  
Fruit

22

1)Mini Pancake/Sausage  
2)Cereal/Pop Tart  
Fruit

23

1)Chicken Biscuit  
2)Cereal/Pop Tart

24

1)Breakfast Burrito  
2)Cereal/Pop Tart  
Fruit

25

1)Breakfast Bagel  
2)Cereal/Pop Tart  
Fruit

26

1)Grits/Sausage  
2)Cereal/Pop Tart  
Fruit

29

1)French Toast Stick  
2)Cereal/Pop Tart  
Fruit

30

1)Sausage Biscuit  
2)Cereal/Pop Tart  
Fruit

31

1)Scrambled Eggs  
Sausage  
2)Cereal/Pop Tart  
Fruit

