

January 2023

Towns County K-12 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Teacher Workday	4 Chicken Biscuit Pop tart Granola Bar Cereal Assorted Fruit Fruit Juice	5 Pancake on Stick Mini Pancakes Pop Tart Cereal Assorted Fruit Fruit Juice	6 Sausage Biscuit Breakfast Bread Gravy Cereal Assorted Fruit Fruit Juice
9 Chocolate Muffin Chocolate Donuts Pop Tart Granola Bar Cereal Assorted Fruit Fruit Juice	10 Breakfast Pizza Mini French Toast Cereal Assorted Fruit Fruit Juice	11 Chicken Biscuit Pop tart Granola Bar Cereal Assorted Fruit Fruit Juice	12 Pancake on Stick Mini Pancakes Pop Tart Cereal Assorted Fruit Fruit Juice	13 Sausage Biscuit Scrambled Eggs & Grits Cereal Assorted Fruit Fruit Juice
16  Martin Luther King Jr. Day	17 Breakfast Pizza Mini French Toast Cereal Assorted Fruit Fruit Juice	18 Chicken Biscuit Pop tart Granola Bar Cereal Assorted Fruit Fruit Juice	19 Pancake on Stick Mini Pancakes Pop Tart Cereal Assorted Fruit Fruit Juice	20 Sausage Biscuit Breakfast Bread Gravy Cereal Assorted Fruit Fruit Juice
23 Breakfast Bread Mini Waffles Cereal Assorted Fruit Fruit Juice	24 Breakfast Pizza Mini French Toast Cereal Assorted Fruit Fruit Juice	25 Chicken Biscuit Pop tart Granola Bar Cereal Assorted Fruit Fruit Juice	26 Pancake on Stick Mini Pancakes Pop Tart Cereal Assorted Fruit Fruit Juice	27 Sausage Biscuit Scrambled Eggs & Grits Cereal Assorted Fruit Fruit Juice
30 Breakfast Bread Mini Waffles Cereal Assorted Fruit Fruit Juice	31 Breakfast Pizza Mini French Toast Cereal Assorted Fruit Fruit Juice	Did you know? As of January 3, 1959, Alaska officially became the 49th state of the United States.		

Offered Daily

Choice of 1% White or Chocolate Milk
Fresh or Canned Fruit, 100% Fruit Juice.
Assorted Cereal Choices
Yogurt and Fruit Parfait starting 1-12-23

School Info

Meals are no longer free for everyone.

Meal Prices are:

Full Pay Lunch: \$2.50

Reduced Lunch: .40

Adult Lunch: \$4.50

Extra Foods range from \$.75 to \$3.00.

Harvest of the Month



Greens:

Collards, Mustards, and Turnip

Winter Greens are excellent sources of vitamins K, A, and C and are considered nutrition powerhouses.

Menu is subject to change without notice.

This institution is an equal opportunity provider.