



BREAKFAST

JANUARY 2022

St. Thomas the Apostle School

Fruit, milk & juice served with each meal.

Monday

Tuesday

Wednesday

Thursday

Friday

3

Cocoa Puffs Breakfast Bar
Or
Cereal with Yogurt

4

POP Tart
Or

Decorated WG Donut

5

Cereal
Or

Scrambled Eggs with Toast

6

Pancake
Or

Rainbow Fruit & Yogurt Parfait

7

Pancake
Or

Cereal with Yogurt

10

Breakfast Tornado
Or
Cereal

11

Pancake
Or
Cereal with
Yogurt

12

French Toast Bites
Or
Cereal

13

Warm Cinnamon Roll
Or
Cheese Omelet with Toast

14

No School
MLK Day

17

Cocoa Puffs Breakfast Bar
Or
Cereal

18

POP Tart
Or

Decorated WG Donut

19

Cereal
Or

Scrambled Eggs with Toast

20

Pancake
Or

Rainbow Fruit & Yogurt Parfait

21

Pancake
Or

Cereal with Yogurt

24

Breakfast Tornado
Or
Cereal

25

Pancake
Or
Cereal with
eggs

26

French Toast Bites
Or
Cereal

27

Warm Cinnamon Roll
Or
Cheese Omelet with Toast

28

Pop Tart or
Biscuit & Gravy

31

