

JAN 2023

GEAR UP FOR THE GYM



ANNOUNCEMENTS:

Blank area for announcements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL 2	STRUDEL W/ CHEESE STICK OR CEREAL W/TOAST JUICE FRUIT MILK 3	SCRAMBLED EGGS BACON BISCUIT OR CEREAL W/ TOAST JUICE FRUIT MILK 4	BREAKFAST PIZZA OR CEREAL W/ TOAST JUICE FRUIT MILK 5	SAUSAGE KOLACHE W / YOGURT OR CEREAL W/ TOAST JUICE FRUIT MILK 6
PANCAKE W/BACON OR CEREAL W/TOAST JUICE FRUIT MILK 9	BREAKFAST BURRITO OR CEREAL W/ TOAST JUICE FRUIT MILK 10	MUFFIN W/ YOGURT OR CEREAL W/ TOAST JUICE FRUIT MILK 11	STUFFED BAGEL W/ CHEESE STICK OR CEREAL W/ TOAST JUICE FRUIT MILK 12	DONUT W/ SAUSAGE OR CEREAL W/ TOAST JUICE FRUIT MILK 13
NO SCHOOL 16	STRUDEL W/ CHEESE STICK OR CEREAL W/TOAST JUICE FRUIT MILK 17	SCRAMBLED EGGS BACON BISCUIT OR CEREAL W/ TOAST JUICE FRUIT MILK 18	BREAKFAST PIZZA OR CEREAL W/ TOAST JUICE FRUIT MILK 19	SAUSAGE KOLACHE W / YOGURT OR CEREAL W/ TOAST JUICE FRUIT MILK 20
PANCAKE W/BACON OR CEREAL W/TOAST JUICE FRUIT MILK 23	BREAKFAST BURRITO OR CEREAL W/ TOAST JUICE FRUIT MILK 24	MUFFIN W/ YOGURT OR CEREAL W/ TOAST JUICE FRUIT MILK 25	STUFFED BAGEL W/ CHEESE STICK OR CEREAL W/ TOAST JUICE FRUIT MILK 26	DONUT W/ SAUSAGE OR CEREAL W/ TOAST JUICE FRUIT MILK 27
FRENCH TOAST W/ SAUSAGE OR CEREAL W/ TOAST JUICE FRUIT MILK 30	STRUDEL W/ CHEESE STICK OR CEREAL W/TOAST JUICE FRUIT MILK 31			

