



# Leonía Public Schools

January 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast  
\$1.70

Adult Breakfast  
\$2.20

Reduced Breakfast  
\$0.30

take time for  
**school**  
BREAKFAST



### NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	3 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	4 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	5 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
8 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	9 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	10 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	11 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	12 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	17 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	18 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	19 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
22 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	23 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	24 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	25 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	26 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
29 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	30 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	31 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection		

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2018  
HAPPY NEW YEAR!

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"