

V

January 2021

Vinalhaven

BREAKFAST



School Information:

All breakfasts a fruit and milk.



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

4

Cereal

5

French Toast Sticks

6

WG Bagel

7

Blueberry Muffins

8

Breakfast Cereal Bar

11

Cereal

12

Breakfast Sandwich

13

WG Bagel

14

Blueberry Parfait

15

Cereal

18

NO SCHOOL

19

Cereal

20

WG Bagel

21

Sweet Bread

22

Cereal

25

Cereal

26

Breakfast Quesadilla

27

WG Bagel

28

Pancakes

29

Cereal