

JANUARY 2023

Mescalero Apache School

BREAKFAST



“This is an equal opportunity institution”



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

NO SCHOOL

2

TUESDAY

NO SCHOOL

3

WEDNESDAY

Cereal
Fruit
String Cheese
Milk

4

THURSDAY

Breakfast Pizza
Fruit
Milk

5

FRIDAY

No School

6

Scrambled Eggs
Fruit
Fruit Juice
Toast
Milk

9

Pancake on a Stick
Fruit
Fruit Juice
Milk

10

Breakfast Pizza
Fruit
Fruit Juice
Milk

11

Cereal
Fruit
Fruit Juice
Milk

12

No School

13

No School
MLK Day

16

Breakfast Burrito
Fruit
Fruit Juice
Milk

17

Kolache
Fruit
Fruit Juice
Milk

18

Breakfast Bars
Fruit
Fruit Juice
Milk

19

No School

20

Cereal
Fruit
Fruit Juice
String Cheese
Milk

23

Breakfast Sandwich
Fruit
Fruit Juice
Milk

24

Cinnamon Roll
Fruit
Fruit Juice
String Cheese
Milk

25

French Toast
Fruit
Fruit Juice
Milk

26

No School

27

Pop Tarts
Fruit
Fruit Juice
String Cheese
Milk

30

Breakfast Pizza
Fruit
Fruit Juice
Milk

31

