# Zachary Community Schools January Breakfast 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| Students **MUST** select 3-5 of the following Items:  
Choice of 1-2 Grains *  
Choice of 1-2 Fruits**  
Choice of Milk  
* may include 1 meat as substitute grain  
** 1 juice allowed  
Whole Grain Cereal choice offered daily  
Milk choices offered daily  
For a complete breakfast: Students must choose at least ½ cup fruit |
| **04** | 05 | 06 | 07 |
| Waffles Minis  
Fruit and Juice  
Milk Choice | Breakfast Pizza  
Fruit and Juice  
Milk Choice | Pancakes  
Fruit and Juice  
Milk Choice | Glazed Donut  
Sausage Pattie  
Fruit and Juice  
Milk Choice |
| **10** | 11 | 12 | 13 | 14 |
| Eggstravaganza  
Toast  
Fruit and Juice  
Milk Choice | Breakfast Muffin  
Yogurt  
Fruit and Juice  
Milk Choice | Pancakes  
Turkey Bacon (2 slices)  
Fruit and Juice  
Milk Choice | French Toast Bites  
Sausage Pattie  
Fruit and Juice  
Milk Choice | Oatmeal  
Toast  
Fruit and Juice  
Milk Choice |
| **17** | 18 | 19 | 20 | 21 |
| Pancake Pups  
Fruit and Juice  
Milk Choice | Breakfast Pizza  
Fruit and Juice  
Milk Choice | Waffles  
Hashbrowns  
Fruit and Juice  
Milk Choice | Breakfast Sandwich  
Fruit and Juice  
Milk Choice | Eggstravaganza  
Biscuit Stick  
Fruit and Juice  
Milk Choice |
| **24** | 25 | 26 | 27 | 28 |
| Breakfast Texas Toast  
Fruit and Juice  
Milk Choice | French Toast Stix  
Fruit and Juice  
Milk Choice | Cheese Toast  
Grits  
Fruit and Juice  
Milk Choice | Breakfast Muffin  
Yogurt  
Fruit and Juice  
Milk Choice | Sausage Pattie  
Fruit and Juice  
Milk Choice |

***** Due to Supply Chain Disruption menus above may vary. Thank you for your patience! *****

*****MENU SUBJECT TO CHANGE*****

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*****MILK CHOICE OFFERED DAILY*****