



# January

2021

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

Banana Bread  
Fruit, Juice  
Milk 4

French Toast  
Fruit, Juice  
Milk 5

Mini Cinnies  
Fruit, Juice  
Milk 6

Mini Pancake  
Wraps  
Fruit, Juice  
Milk 7

Coffee Cake  
Fruit, Juice  
Milk 8

Banana Bread  
Fruit, Juice  
Milk 11

French Toast  
Fruit, Juice  
Milk 12

Mini Cinnies  
Fruit, Juice  
Milk 13

Mini Pancake  
Wraps  
Fruit, Juice  
Milk 14

Coffee Cake  
Fruit, Juice  
Milk 15

MLK Holiday  
No School 18

French Toast  
Fruit, Juice  
Milk 19

Mini Cinnies  
Fruit, Juice  
Milk 20

Mini Pancake  
Wraps  
Fruit, Juice  
Milk 21

Coffee Cake  
Fruit, Juice  
Milk 22

Banana Bread  
Fruit, Juice  
Milk 25

French Toast  
Fruit, Juice  
Milk 26

Mini Cinnies  
Fruit, Juice  
Milk 27

Mini Pancake  
Wraps  
Fruit, Juice  
Milk 28

Teacher Day  
No School 29

### Announcements

Grab & Go Breakfast Menu

Daily Entrée Option:  
Cold Cereal

Daily Milk Options:  
1% White Milk  
Nonfat Chocolate Milk

**Please Pre-Order Meals**  
[engage.rsd407.org/foodservice](http://engage.rsd407.org/foodservice)

### Meal Prices

Breakfast and Lunch  
are FREE for all  
Children age 18  
and Under.