

January 2019

Logan-Magnolia School

BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered with Juice, Milk and Fruit daily. Menu items subject to change. **EQUAL OPPORTUNITY EMPLOYER**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

4

NO SCHOOL

7

WG Muffin

8

Omelet, Sausage Link w/WG Toast

9

WG Pizza

10

WG Bagel

11

Grab & Go

14

WG French Toast

15

WG Sausage on a stick

16

WG Biscuits & Gravy

17

Breakfast Bake w/WG Toast

18

Grab & Go

21

NO SCHOOL

22

WG Breakfast Wrap

23

WG Donut

24

WG Pancakes

25

Grab & Go

28

WG Muffin

29

WG Waffles

30

WG Pizza

31

WG Bagel

