

HOUSTON COUNTY SCHOOL NUTRITION

All Houston County School Cafeterias will be serving a one week rotation on their breakfast menu.

Each day of the week will have the same breakfast choices.

Every day we will
offer 2 different
breakfast meals!

January 2019

Students will have a choice
between a hot prepared
breakfast or a cereal and other
grain or yogurt – they also can
choose fruit, juice and milk!

K-12 BREAKFAST MENU

Monday

*French Toast Sticks w/
Syrup cup OR Peanut
Butter & Jelly
Uncrustable
Yogurt
Applesauce
OR*

*Cereal Choice
1 poptart
Applesauce*

*Each meal includes a
choice of low-fat or non-fat
unflavored milk or low-fat
flavored milk.*

AND

*A choice between apple,
grape, or orange juice.*

Tuesday

*Fluffy White Biscuit &
Crispy Steak
Jelly
Mixed Fruit Cup*

OR

*Cereal Choice
Donuts
Mixed Fruit Cup*

Wednesday

*Sausage, Egg & Cheese
Tornado
Fresh Apple Slices*

OR

*Cereal Choice
Yogurt
Fresh Apple Slices*

Thursday

*Mini Chicken
Fluffy White Biscuit
Jelly
Banana*

OR

*Cereal Choice
Blueberry or Chocolate
Muffin
Banana*

Friday

*Sausage Breakfast Pizza
Mandarin Oranges*

OR

*Cereal Choice
Homemade Yogurt Parfait
Granola*

~Eat to Learn, Learn to Eat~

This Institution is an Equal Opportunity Provider.

Updated September 21, 2017