

JANUARY 2022

Forsyth

BREAKFAST



School Information



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

Cereal Bar
Fruit/Milk

3

TUESDAY

Mini Bagel
Fruit/Milk

4

WEDNESDAY

Pop Tart
Fruit/Milk

5

THURSDAY

Chocolate Chip
Waffle
Fruit/Milk

6

FRIDAY

Cold Cereal
Fruit/Milk

7

Breakfast Bread
Fruit/Milk

10

National Milk Day
Mini Pancakes
Fruit/Milk

11

Granola Bar
Fruit/Milk

12

Cinnamon Roll
Fruit/Milk

13

Cold Cereal
Fruit/Milk

14

Strudel
Fruit/Milk

17

Belvita
Fruit/Milk

18

Raspberry Scone
Fruit/Milk

19

National Cheese Lover's Day
Yogurt
Fruit/Milk

20

Cold Cereal
Fruit/Milk

21

National Compliment Day
Mini Bagel
Fruit/Milk

24

Pop Tart
Fruit/Milk

25

Breakfast Cookie
Fruit/Milk

26

Cinnamon Twist
Fruit/Milk

27

Cold Cereal
Fruit/Milk

28

PIR DAY

31

