

# Menus

**School:** Peoria Heights High School

**Academic Year:** 2019-20

**Meal:** Breakfast

**Month:** January 2020

| January   |  |  |  |  |
|---|--|--|--|--|
| M   | Tu   | W  | Th   | F  |
| 30  | 31   | 1  | 2  | 3  |
| 6<br>Blueberry Waffles<br>Yogurt Parfait or Donuts<br>Juice, Fruit and Milk                       | 7<br>Frosted Donuts<br>Bagel or Yogurt Parfait<br>Juice, Fruit and Milk                        | 8<br>Pizza Bagel<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk                 | 9<br>French Toast w/ Sausage<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk | 10<br>Cinnamon Roll w/Sausage<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk |
| 13<br>Egg&Cheese Omelet<br>Bagel or Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk | 14<br>Breakfast Pizza<br>Frosted Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk`        | 15<br>Pancake&Sausage on a Stick<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk | 16<br>Breakfast Biscuit<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk      | 17<br>Cinnamon Roll w/Sausage<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk |
| 20  | 21<br>Frosted Donuts<br>Bagel or Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk | 22<br>Sausage/Egg/Cheese Sliders<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk | 23<br>Pancakes w/Sausage<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk  | 24<br>Cinnamon Roll w/Sausage<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk |
| 27<br>Strawberry Pancakes<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk        | 28<br>Breakfast Pizza<br>Frosted Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk         | 29<br>Breakfast Burrito<br>Mini Donuts<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk          | 30<br>Frosted Donuts<br>Bagels<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk              | 31<br>Cinnamon Roll w/Sausage<br>Yogurt Parfait<br>Cereal or Pop-Tart<br>Juice, Fruit and Milk |