

January 2021

Holmes County High School

BREAKFAST



School Information: Type your school information here.



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



Mini Strawberry Bagels
Cereal
Fruit

4

Tuesday



Chicken Croissant
Cereal
Fruit

5

Wednesday



Pancake Pup
Pop-Tart
Fruit

6

Thursday



Breakfast Burrito
Cereal
Fruit

7

Friday



1

Cinnamon Roll
Pop-Tart
Fruit

8

Sausage Biscuit
Cereal
Fruit

11

French Toast Sticks
Cereal
Fruit

12

Mini Strawberry Bagels
Cereal
Fruit

13

Pop-Tarts
Cereal
Fruit

14

Pancakes
Bacon
Fruit

15

Pancake Pup
Cereal
Fruit

18

Sausage Biscuit
Cereal
Fruit

19

Grits & Eggs
Cereal
Fruit

20

Pancake
Sausage or Bacon
Cereal

21

Chicken Biscuit
Pop-Tarts
Fruit

22

Dutch Waffle
Cereal
Fruit

25

Grits & Eggs
Cereal
Fruit

26

Breakfast Pizza
Pop-Tarts
Fruit

27

Pancake Pup
Cereal
Fruit

28

Cinnamon Roll
Pop-Tart
Fruit

29