



Marion High School/Junior High Breakfast Menu

January
2022

Eat fruit and vegetables daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Have a great WINTER Break</p>	<p>4</p> <p>Mini Pancakes Syrup</p> <p>French Toast Loaf</p> <p>Fruit</p> <p>1% Milk</p>	<p>5</p> <p>Breakfast Pizza</p> <p>Pop Tart Cheese Stick</p> <p>Canned Fruit</p> <p>1% Milk</p>	<p>6</p> <p>Sausage Egg Biscuit Pop Tart Cheese Stick</p> <p>Apple Juice</p> <p>1% Milk</p>	<p>7</p> <p>French Toast Loaf Cheese Stick</p> <p>Fruit</p> <p>1% Milk</p>
<p>10</p> <p>Bacon, Egg & Cheese on English Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Canned Fruit</p> <p>1% Milk</p>	<p>11</p> <p>Mini Eggo Waffles</p> <p>Cheese Stick Graham Crackers</p> <p>Orange Juice</p> <p>1% Milk</p>	<p>12</p> <p>Sausage & Egg Biscuit</p> <p>Cinnamon Cream Cheese Filled Bagel</p> <p>Apple Juice</p> <p>1% Milk</p>	<p>13</p> <p>French Toast Sticks</p> <p>Cinnamon Pop-Tart Cheese Stick</p> <p>Fruit</p> <p>1% Milk</p>	<p>14</p> <p>Breakfast Pizza</p> <p>Pop Tart Cheese Stick</p> <p>Canned Fruit</p> <p>1% Milk</p>
<p>17</p> <p>Martin Luther King Jr. Holiday</p>	<p>18</p> <p>Egg & Cheese Breakfast Sandwich</p> <p>Cinnamon Cream Cheese Filled Bagel</p> <p>Canned Fruit</p>	<p>19</p> <p>Pancake on a Stick</p> <p>Golden Grahams Cereal Bar</p> <p>Fresh Mixed Fruit</p> <p>1% Milk</p>	<p>20</p> <p>Cheesy Ham Melt</p> <p>French Toast Loaf Cheese Stick</p> <p>Apple Juice</p> <p>1% Milk</p>	<p>21</p> <p>Sausage & Egg on English Muffin</p> <p>Cinnamon Pop-Tart Cheese Stick</p> <p>Canned Fruit</p> <p>1% Milk</p>
<p>24</p> <p>Bacon, Egg & Cheese Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Orange Juice</p> <p>1% Milk</p>	<p>25</p> <p>Mini Eggo Waffles</p> <p>Cheese Stick Graham Crackers</p> <p>Orange Juice</p> <p>1% Milk</p>	<p>26</p> <p>Breakfast Pizza</p> <p>Pop Tart Cheese Stick</p> <p>Canned Fruit</p> <p>1% Milk</p>	<p>27</p> <p>French Toast Sticks</p> <p>Cinnamon Pop-Tart Cheese Stick</p> <p>Fruit</p> <p>1% Milk</p>	<p>28</p> <p>Sausage & Egg on English Muffin</p> <p>Cinnamon Pop-Tart Cheese Stick</p> <p>Canned Fruit</p> <p>1% Milk</p>
<p>31</p> <p>French Toast Loaf Cheese Stick Graham Crackers</p> <p>Fruit</p> <p>1% Milk</p>			<p>This is for Food 4 Thought</p>	

PRICES

Breakfast	FREE
Adult Breakfast	\$2.30
Extra Milk	\$0.50

EXTRA INFO

Entree Salads are served with a WG Roll(s).
Milk choice of 1% white or chocolate is
included with a meal.
For more information or questions contact Gary
Lester at
glester@msd3.org

HARVEST OF



THE MONTH

Your MENUS plus more
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