

January 2018

Pekin Community School District

BREAKFAST



This Menu is subject to change. We will continue to update and keep as accurate as possible.
Low Fat and Skim Milk offered daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

4
Cereal Bar
String Cheese
Fruit & Juice Choice

5
Egg Patty
WG Toast
Fruit & Juice Choice

8
WG Pop Tarts
String Cheese
Fruit & Juice Choice

9
Pancake on Stick
Yogurt
Fruit & Juice Choice

10
Cheesy Egg Omelet
WG Toast
Fruit & Juice Choice

11
Sausage
WG Toast
Fruit & Juice Choice

12
WG Donuts
String Cheese
Fruit & Juice Choice

15
NO SCHOOL

16
Scrambled Eggs
WG Toast
Fruit & Juice Choice

17
WG Cereal
Yogurt
Fruit & Juice Choice

18
French Toast
Sausage
Fruit & Juice Choice

19
Egg Patty
WG Toast
Fruit & Juice Choice

22
WG Pop Tarts
String Cheese
Fruit & Juice Choice

23
Pancake
Sausage
Fruit & Juice Choice

24
Cheesy Egg Omelet
WG Toast
Fruit & Juice Choice

25
Sausage
WG Toast
Fruit & Juice Choice

26
Scrambled Eggs
WG Toast
Fruit & Juice Choice

29
WG Donuts
String Cheese

30
WG Cereal
Yogurt

31
French Toast
Sausage

