

# JANUARY 2024

## Ethos Classical

### BREAKFAST



**School Information: School Returns January 3<sup>rd</sup> Martin Luther King Day January 15<sup>th</sup>**



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

**New Years Day**

2

**No School**

3

G- 1oz WG Assorted Cereal  
F- 1/2c 100% Fruit Juice  
F- 1/2c Banana  
M- 8oz Low fat or skim milk

4

G- 2oz WG Assorted Muffin  
F- 1c Fresh Apple  
M- 8oz Low fat or skim milk

5

G- 2.3oz WG Cinnamon Roll  
F- 1c Fresh Orange  
M- 8oz Low fat or skim milk

8

G- 2.25oz WG Bagel w/Cream Cheese  
F- 1c Fresh Pear  
M- 8oz Low fat or skim milk

9

G- 1.42oz WG Assorted Cereal Bar  
M/MA- 2oz Cheese Stick  
F- 1c Fresh Apple  
M- 8oz Low fat or skim milk

10

G- 2.25oz WG Assorted Pop Tarts  
F- 1/2c 100% Apple Juice  
F- 1/2c Fresh Cutie  
M- 8oz Low fat or skim milk

11

G- 1oz WG Graham Crackers  
M/MA- 4oz Yogurt Cup  
F- 1c Raisins  
M- 8oz Low fat or skim milk

12

G- 1oz WG Assorted Cereal  
F- 1/2c 100% Fruit Juice  
F- 1/2c Fresh Banana  
M- 8oz Low fat or skim milk

15

**MLK Day**

16

**No School**

17

G-1.9oz WG Assorted Toaster Strudel  
M/MA- 2oz Yogurt Stick  
F- 1c Fresh Apple  
M- 8oz Low fat or skim milk

18

G- 2.25oz WG Assorted Pop Tart  
F- 1c Fresh Orange  
M- 8oz Low fat or skim milk

19

G- 1.42 WG Assorted Cereal Bar  
F- 1c Fresh Pear  
M- 8oz Low fat or skim milk

22

G- 1oz WG Assorted Cereal  
F- 1/2c 100% Fruit Juice  
F- 1/2c Fresh Cutie  
M- 8oz Low fat or skim milk

23

G- 2.3oz WG Cinnamon Roll  
F- 1c Fresh Apple  
M- 8oz Low fat or skim milk

24

G- 2.25oz WG Bagel w/Cream Cheese  
F- 1c Raisins  
M- 8oz Low fat or skim milk

25

G- 1.42oz WG Assorted Cereal Bar  
M/MA- 2oz Cheese Stick  
F- 1c Fresh Pear  
M- 8oz Low fat or skim milk

26

G- 2oz WG Assorted Muffin  
F- 1/2c 100% Apple Juice  
F- 1/2c Fresh Banana  
M- 8oz Low fat or skim milk

29

G- 2.25oz WG Assorted Pop Tarts  
F- 1c Fresh Apple  
M- 8oz Low fat or skim milk

30

G- 1oz WG Graham Crackers  
M/MA- 2oz Yogurt Stick  
F- 1/2c 100% Fruit Juice  
F- 1/2c Raisins  
M- 8oz Low fat or skim milk

31

G- 1.9oz Assorted Toaster Strudel  
M/MA- 2oz Cheese Stick  
F- Fresh Orange  
M- 8oz Low fat or skim milk



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