



# JANUARY | 2023

## Southgate Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL- WINTER BREAK	3 NO SCHOOL- WINTER BREAK	4 NO SCHOOL- WINTER BREAK	5 NO SCHOOL- WINTER BREAK	6 NO SCHOOL- WINTER BREAK
9 Apple Cinnamon Muffin (2) Cheese Stick (1) Applesauce (1) Choice of Milk (1)	10 Pop-Tart (1) Graham (1) 100% Fruit Juice (1) Choice of Milk (1)	11 Chocolate Chunk Oatmeal Bar (1) Dick and Jane Graham (1) Fresh Banana (1) Choice of Milk (1)	12 Cereal (1) Go-Gurt (1) Craisins (1) Choice of Milk (1)	13 Chef's Choice (1-2) Fruit OTD (1) 100% Fruit Juice (1) Choice of Milk (1)
16 NO SCHOOL	17 Cereal (2) Go-Gurt (1) 100% Fruit Juice (1) Choice of Milk (1)	18 Nutri-Grain Bar (1) Giant Goldfish Graham (1) Whole Apple (1) Choice of Milk (1)	19 Apple Cinnamon Benefit Bar (2) Cheese Stick (1) Raisins (1) Choice of Milk (1)	20 Chef's Choice (1-2) Fruit OTD (1) 100% Fruit Juice (1) Choice of Milk (1)
23 Pop-Tart (1) Graham (1) Applesauce (1) Choice of Milk (1)	24 Triple Berry Crunch Bar (2) Cheese Stick (1) 100% Fruit Juice (1) Choice of Milk (1)	25 Banana Mini Loaf (1) Scooby-Snacks (1) Fresh Pear (1) Choice of Milk (1)	26 Blueberry Mini Loaf (1) Go-Gurt (1) Craisins (1) Choice of Milk (1)	27 Chef's Choice (1-2) Fruit OTD (1) 100% Fruit Juice (1) Choice of Milk (1)
30 Cookies and Cream Granola Bar (1) Graham (1) Applesauce (1) Choice of Milk (1)	31 Pop-Tart (1) Go-Gurt (1) 100% Fruit Juice (1) Choice of Milk (1)	1	2	3

**News**  
**All Kids Eat Free!**

**Don't Forget:**  
Select at least three (3)  
Items. One of the Items  
MUST be a FRUIT!

\*See the 'Item count' by each  
menu item listed.

This is an equal opportunity  
provider and employer.