

JANUARY 2023

Moencopi Day School

BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50
This Institution is an equal opportunity.
****MAY SUBJECT TO CHANGE****



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



2

Assorted Cold Cereal
Honey Graham Crackers
Assorted Juice
Fresh Grapes
Milk

3

TUESDAY

Cream of Wheat
Buttered Toast w/ Jam
Assorted Juice
Diced Pears
Milk

9

Cheesy Eggs
Breakfast Potatoes
Applesauce
Fresh Grapes
Milk

10

WEDNESDAY

Breakfast Burrito
Mild Salsa
Applesauce
Cantaloupe
Milk

4

National Milk Day
Oatmeal w/ Brown Sugar
Cinnamon Apple Slices
Fresh Banana
Milk

11

THURSDAY

Banana Muffins
Assorted Yogurt
Assorted Juice
Orange Smiles
Milk

5

Assorted Cold Cereal
Buttered Toast w/ Jam
Assorted Juice
Tropical Fruit
Milk

12

FRIDAY

National Bean Day
Scrambles Eggs
Sausage Patty
Fresh Apple
Milk

6

Pancake on a Stick
Pancake Syrup
Pineapple Tidbits
Orange Smiles
Milk

13



16

Egg & Sausage Sandwich
Assorted Juice
Fresh Banana
Milk

17

WG Bagel
Cream Cheese
Fruit Cocktail
Watermelon
Milk

18

Assorted Cold Cereal
Honey Graham Cracker
Assorted Juice
Fresh Grapes
Milk

19

National Cheese Lover's Day
Scrambled Eggs
Buttered Toast w/ Jam
Diced Pears
Orange Smiles
Milk

20

Cream of Wheat
Buttered Toast w/ Jam
Diced Peaches
Fresh Apple
Milk

23

National Compliment Day
Breakfast Burrito
Mild Salsa
Applesauce
Orange Smiles
Milk

24

Blue Corn Mush
Sausage Patty
Assorted Juice
Fresh Grapes
Milk

25

Blueberry Muffin
Scrambled Eggs
Diced Peaches
Watermelon
Milk

26

WG Biscuits
Country Gravy
Assorted Juice
Fresh Banana
Milk

27

Breakfast Bar
Assorted Juice
Cantaloupe
Milk

30

WG Pancakes
Pancake Syrup
Applesauce
Fresh Grapes
Milk

31

