

# January 2018

## Saluda County Schools

### BREAKFAST



**Breakfast prices:**  
Full pay \$1.15  
Reduced \$.30  
Adult \$2.25



**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  
This institution is an equal opportunity provider.



### Monday

Happy New Year  
No school

1

### Tuesday

Teacher work day  
No students

2

### Wednesday

Blueberry Poptart  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

3

### Thursday

Cherry fruit pocket  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

4

### Friday

Pancakes  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

5

Cinnamon roll  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

8

Sausage biscuit  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

9

Scrambled eggs & toast  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

10

Blueberry Nutrigrain bar  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

11

Dutch waffle  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

12

Martin Luther King Day  
No school

15

Sausage biscuit  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

16

Grits & cheese  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

17

Apple nutrigrain bar  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

18

French toast  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

19

Apple Frudle  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

22

Sausage biscuit  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

23

Scrambled eggs & toast  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

24

Breakfast pizza  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

25

Pancake pup  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

26

Cinnamon swirl bread  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

29

Sausage biscuit  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

30

Grits & cheese  
OR  
Cereal  
Fruit or juice  
Graham crackers  
Milk

31

