

January 2021 Johannesburg-Lewiston Area Schools

BREAKFAST



Breakfast is free to all JLAS students when a "breakfast kit" is taken.

"Breakfast kit" includes a breakfast grain and 100% fruit juice. Milk and an additional fruit are offered daily.



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

Happy New Year!

4

Cinnamon Toast
Crunch Cereal Kit

5

Chocolate Muffin
& String Cheese Kit

6

UBR Kit

7

Blueberry Muffin &
String Cheese Kit

8

Lucky Charms
Cereal Kit

11

Cinnamon Toast
Crunch Cereal Kit

12

Banana Bread Kit

13

Chocolate Muffin
& String Cheese Kit

14

UBR Kit

15

Lucky Charms
Cereal Kit

18

Cinnamon Toast
Crunch Cereal Kit

19

Blueberry Muffin &
String Cheese Kit

20

Banana Bread Kit

21

Chocolate Muffin
& String Cheese Kit

22

Lucky Charms
Cereal Kit

25

Cinnamon Toast
Crunch Cereal Kit

26

Blueberry Muffin &
String Cheese Kit

27

UBR Kit

28

Chocolate Muffin
& String Cheese Kit

29

Lucky Charms
Cereal Kit