

JANUARY 2012
OAK LAWN - HOMETOWN SD 123
COVINGTON & HOMETOWN
BREAKFAST MENU



Make Choices for a Healthy lifestyle!



Eat a variety of foods

Eat more fruits, vegetables & grains

Eat lower fat foods more often

Get your calcium rich foods



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Breakfast \$1.40 Milk 55¢</p>		<p align="center">4 French Toast Sticks w/Syrup Mixed Fruit</p>	<p align="center">5 Yogurt Cup w/Animal Crackers Merry Cherry Juice</p>	<p align="center">6 Pancake Wrap w/**Turkey Sausage & Syrup 100% Orange Juice</p>
<p align="center">9 Chocolate Super Donut w/Vanilla Graham Bears Merry Cherry Juice</p>	<p align="center">10 Breakfast Pizza Pocket Crisp Apple</p>	<p align="center">11 Waffle Sticks w/Syrup Sweet Pears</p>	<p align="center">12 Pancakes w/Syrup Diced Peaches</p>	<p align="center">13 Breakfast Sandwich Egg & Cheese on a Bagel Fresh Orange Smiles</p>
<p align="center">16 DR. MARTIN LUTHER KING'S BIRTHDAY NO SCHOOL</p>	<p align="center">17 Cheese Omelet w/Mini Bagel & Jelly Chilled Applesauce</p>	<p align="center">18 Pancakes w/Syrup Sweet Pears</p>	<p align="center">19 French Toast Sticks w/Syrup 100% Apple Juice</p>	<p align="center">20 Breakfast Pizza Pocket Sliced Peaches</p>
<p align="center">23 Yogurt Cup w/Animal Crackers Merry Cherry Juice</p>	<p align="center">24 Pancakes w/Syrup Chilled Applesauce</p>	<p align="center">25 *Ham & Cheese on a Bagel Mixed Fruit</p>	<p align="center">26 Waffle Sticks w/Syrup Diced Peaches</p>	<p align="center">27 Apple Cinnamon Breakfast Bar Fresh Orange Smiles</p>
<p align="center">30 Jumbo Blueberry Muffin Citrus Blast Juice</p>	<p align="center">31 Breakfast Pizza Pocket Crisp Apple</p>			

Questions about the menu?
Call 708-499-6400 Ext. 4305
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.



PLEASE NOTE
 Menu changes may be necessary. Notice will be given when possible.
 Milk offered daily. *Contains pork ** Fully Cooked Poultry

