



Guthrie Public Schools Secondary Breakfast Menu January 2019

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served Daily: Assorted Dry Cereal Canned Fruit Fresh Fruit Orange Juice Apple Juice Assorted Fat Free or Lowfat White and Flavored Milk		1	2	3	4
	7 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	8 Pancake Sausage Wrap Double Chocolate Muffin Orange	9 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Banana	10 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	11 Breakfast Taco Yogurt & Goldfish Graham Crackers Diced Pears
	14 Honey Glazed Chicken Biscuit Banana Muffin Diced Peaches	15 Pancakes Boiled Egg Orange Smiles	16 Breakfast Pizza Yogurt with Goldfish Graham Cracker Bananas	17 Egg & Cheese Sandwich Cinnamon Sugar Donut Mixed Fruit	18 Biscuit & Gravy Nutrigrain Bar Diced Pears
	21 No School	22 French Toast Sticks Yogurt with Goldfish Graham Crackers Orange Smiles	23 Breakfast Pizza Blueberry Muffin Bananas	24 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	25 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Pears
	28 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	29 Pancake Sausage Wrap Chocolate Muffin Orange Smiles	30 Breakfast Pizza Nutrigrain Bar Bananas	31 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	

A meal consists of 3 food groups: Grains, Fruit/ Vegetables and Milk. Students must pick at least 3 items from the 4 items offered from the 3 food groups.

Menu items are subject to change due to availability	Child Nutrition Office 405.282.5952
<small>In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</small>	