



JANUARY | 2023

PRC Breakfast

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Bagel with cream cheese Sausage Fruit cup Milk/Juice	2 Pancakes Eggs Fruit Sausage Juice/milk	3 Veggie frittata Hashbrowns Fruit Sausage Juice/milk	4 French toast Eggs Fruit Bacon Juice/milk	5 Meat, egg and cheese burrito Breakfast potatoes Bacon Fruit Juice/milk	6 Cheesy eggs Bagel Sausage Fruit Juice/milk	7 Breakfast bowl Sausage Fruit cup Juice/milk
8 French toast sticks Sausage Fruit cup Juice/milk	9 Pancakes Eggs Fruit Sausage Juice/milk	10 Veggie frittata Hashbrowns Fruit Sausage Juice/milk	11 French toast Eggs Fruit Bacon Juice/milk	12 Meat, egg and cheese burrito Breakfast potatoes Bacon Fruit Juice/milk	13 Cheesy eggs Bagel Sausage Fruit Juice/milk	14 Pancakes Sausage Fruit cup Juice/milk
15 Bagel with cream cheese Sausage Fruit cup Milk/Juice	16 Pancakes Eggs Fruit Sausage Juice/milk	17 Veggie frittata Hashbrowns Fruit Sausage Juice/milk	18 French toast Eggs Fruit Bacon Juice/milk	19 Meat, egg and cheese burrito Breakfast potatoes Bacon Fruit Juice/milk	20 Cheesy eggs Bagel Sausage Fruit Juice/milk	21 Breakfast bowl Sausage Fruit cup Juice/milk
22 French toast sticks Sausage Fruit cup Juice/milk	23 Pancakes Eggs Fruit Sausage Juice/milk	24 Veggie frittata Hashbrowns Fruit Sausage Juice/milk	25 French toast Eggs Fruit Bacon Juice/milk	26 Meat, egg and cheese burrito Breakfast potatoes Bacon Fruit Juice/milk	27 Cheesy eggs Bagel Sausage Fruit Juice/milk	28 Pancakes Sausage Fruit cup Juice/milk
29 Bagel with cream cheese Sausage Fruit cup Milk/Juice	30 Pancakes Eggs Fruit Sausage Juice/milk	31 Veggie frittata Hashbrowns Fruit Sausage Juice/milk	1	2	3	4