

JANUARY 2024

PHILIP J. ROCK SCHOOL

Breakfast



School Information: Type your school information here.



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

Protein oatmeal bowl
or breakfast burrito
Fresh fruit
Eggs
2% milk or water

1

TUESDAY

Banana pancakes
Yogurt
Fresh fruit
Eggs
2% milk or water

2

WEDNESDAY

French toast
Eggs
Fresh fruit
2% milk or water

3

THURSDAY

Denver skillet burrito
Hashbrowns
Fresh fruit
2% milk or water

4

FRIDAY

Veggie and potato
skillet
Fresh fruit
Yogurt
2% milk or water

5

Protein oatmeal bowl
or breakfast burrito
Fresh fruit
Eggs
2% milk or water

8

Banana pancakes
Yogurt
Fresh fruit
Eggs
2% milk or water

9

French toast
Eggs
Fresh fruit
2% milk or water

10

National Milk Day
Denver skillet burrito
Hashbrowns
Fresh fruit
2% milk or water

11

Veggie and potato
skillet
Fresh fruit
Yogurt
2% milk or water

12

Protein oatmeal bowl
or breakfast burrito
Fresh fruit
Eggs
2% milk or water

15

Banana pancakes
Yogurt
Fresh fruit
Eggs
2% milk or water

16

French toast
Eggs
Fresh fruit
2% milk or water

17

Denver skillet burrito
Hashbrowns
Fresh fruit
2% milk or water

18

Veggie and potato
skillet
Fresh fruit
Yogurt
2% milk or water

19

Protein oatmeal bowl
or breakfast burrito
Fresh fruit
Eggs
2% milk or water

22

Banana pancakes
Yogurt
Fresh fruit
Eggs
2% milk or water

23

French toast
Eggs
Fresh fruit
2% milk or water

24

Denver skillet burrito
Hashbrowns
Fresh fruit
2% milk or water

25

Veggie and potato
skillet
Fresh fruit
Yogurt
2% milk or water

26

Protein oatmeal bowl
or breakfast burrito
Fresh fruit
Eggs
2% milk or water

29

Banana pancakes
Yogurt
Fresh fruit
Eggs
2% milk or water

30

French toast
Eggs
Fresh fruit
2% milk or water

31

