





January Breakfast in the Classroom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
	1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Teacher Workday No School
7 Cinnamon Toast Crunch Cereal or Cinnamon Chex (GF) Cheesestick Zee Zee's Dried Fruit Orange	8 Breakfast Grilled Cheese 100% Grape Juice Gala Apple	9 Blueberry Pancakes 100% Orange Juice Pear	10 French Toast Sticks 100% Apple Juice Orange	11 Mini Blueberry Muffin Vanilla Yogurt Banana
14 Cinnamon Toast Crunch Cereal or Cinnamon Chex (GF) Cheesestick Zee Zee's Dried Fruit Orange	15 Blueberry Pancakes 100% Grape Juice Gala Apple	16 Blueberry Nutrigrain Bar Strawberry Banana Yogurt Pear	17 Breakfast Grilled Cheese 100% Apple Juice Orange	18 Mini Banana Muffin Vanilla Yogurt Banana <i>Early Release Day for Students</i>
21 No School 	22 French Toast Sticks 100% Grape Juice Gala Apple	23 Blueberry Nutrigrain Bar Strawberry Banana Yogurt Pear	24 Cinnamon Pancakes 100% Apple Juice Orange	25 Homestyle Chicken Biscuit 100% Fruit Punch Juice Banana
28 Cinnamon Toast Crunch Cereal or Cinnamon Chex (GF) Cheesestick Zee Zee's Dried Fruit Orange	29 Breakfast Grilled Cheese 100% Grape Juice Gala Apple	30 Blueberry Nutrigrain Bar Strawberry Banana Yogurt Pear	31 French Toast Sticks 100% Apple Juice Orange	

Breakfast Meal Price:

K-12	\$1.40
Reduced	\$.30
Adult	\$2.25
Milk	\$.50



Eating a healthy breakfast before starting the school day is linked to improved concentration, better test scores, increased energy, and a higher intake of vitamins and minerals. Breakfast is especially important for young students whose brains use up about half of the body's energy.

GF- Gluten Free

**Nutrition Services
Charleston County
School District**

843-566-8180

www.ccsdschools.com

Fat free white and chocolate milk and a variety of fresh seasonal fruits are offered daily in addition to the items listed.

CCSD is an equal opportunity provider and employer.

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