

JANUARY 2024

Mingus Union High School

BREAKFAST



Meal Prices:

Breakfast
Lunch

Students

\$1.50
\$3.00

Adults

\$3.00
\$5.00



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

1

*Happy
New Year!!*

Pancake on a Stick
Cinnamon Pancakes

8

TUESDAY

2

*Winter Break December 22, 2023 –
January 5, 2024*

Homemade Breakfast
Burrito
Apple Frudel

9

WEDNESDAY

3

Banana Bread
Assorted Muffins

10

THURSDAY

4

Offered Daily:

Assorted Fresh & Canned
Fruits
100% Juice
1% White Milk
Fat Free Chocolate Milk

Biscuits & Gravy
Super Donut

11

FRIDAY

5

Additional Entrees Offered Daily:

Yogurt
Mini Yogurt Parfait
Cereal
String Cheese

Fresh Baked Cinnamon
Roll
Banana Chocolate
Chunk Breakfast Bar

12

*MARTIN
LUTHER KING
HOLIDAY*

15

Breakfast Pizza
Cinnamon Pancakes

22

Homemade Breakfast
Burrito
Apple Frudel

16

Homemade Breakfast
Burrito
Apple Frudel

23

Banana Bread
Assorted Muffins

17

**National Compliment
Day**
Banana Bread
Assorted Muffins

24

National Milk Day
Biscuits & Gravy
Super Donut

18

Biscuits & Gravy
Super Donut

25

Fresh Baked Cinnamon
Roll
Banana Chocolate
Chunk Breakfast Bar

19

Fresh Baked Cinnamon
Roll
Banana Chocolate
Chunk Breakfast Bar

26

Pancake on a Stick
Cinnamon Pancakes

29

Homemade Breakfast
Burrito
Apple Frudel

30

Banana Bread
Assorted Muffins

31

