

# January 2018

## Jasper High School

### BREAKFAST



Students are offered Fruit, Dairy, and Grain items daily for a balanced breakfast.

#### Nutrition Tip:

- Breakfast supplies essential nutrients.
- Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including: Calcium, Iron, and B vitamins.

Reference: NHANES 2007-08.



### Monday

1

**No School  
Christmas Vacation**

### Tuesday

2

**No School  
Snow Make Up Day**

### Wednesday

3

Whole Grain Dutch Waffle  
with Syrup  
Fruit  
100% Juice  
Milk

### Thursday

4

Assorted Cereals  
Yogurt  
Fruit  
100% Juice  
Milk

### Friday

5

Whole Grain Frudel  
Fruit  
100% Juice  
Milk

Whole Grain Mini Cinnis  
Fruit  
100% Juice  
Milk

8

Bacon & Cheese  
Breakfast Sandwich  
Fruit  
100% Juice  
Milk

9

Whole Grain Goody Bun  
Fruit  
100% Juice  
Milk

10

Whole Grain Mini Donuts  
Fruit  
100% Juice  
Milk

11

Whole Grain Strawberry  
Mini Bagels  
Fruit  
100% Juice  
Milk

12

Whole Grain Dutch Waffle  
with Syrup  
Fruit  
100% Juice  
Milk

15

Assorted Cereals  
Yogurt  
Fruit  
100% Juice  
Milk

16

Whole Grain Frudel  
Fruit  
100% Juice  
Milk

17

Whole Grain Muffin  
Cheese Stick  
Fruit  
100% Juice  
Milk

18

Whole Grain Mini Pancakes  
Fruit  
100% Juice  
Milk

19

**No School  
Staff Inservice Day**

22

Assorted Cereal Bars  
Cheese Stick  
Fruit  
100% Juice  
Milk

23

Sausage & Cheese  
Breakfast Sandwich  
Fruit  
100% Juice  
Milk

24

Whole Grain Mini Donuts  
Fruit  
100% Juice  
Milk

25

Bagel  
Cream Cheese or  
Butter and Jelly  
Fruit  
100% Juice  
Milk

26

Breakfast Pizza  
Fruit  
100% Juice  
Milk

29

Whole Grain Pop Tarts  
Fruit  
100% Juice  
Milk

30

Whole Grain Mini Pancakes  
Fruit  
100% Juice  
Milk

31

