

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2<sup>ND</sup>

3<sup>RD</sup>

4<sup>TH</sup>

5<sup>TH</sup>

6<sup>TH</sup>

9<sup>TH</sup>

10<sup>TH</sup> Sausage Biscuit  
Cereal  
Toast  
Juice  
Milk

11<sup>TH</sup> Pizza Bagel  
Cereal  
Toast  
Juice  
Milk

12<sup>TH</sup> Pancake on stick  
Cereal  
Toast  
Juice  
Milk

13<sup>TH</sup> Poptarts  
Cereal  
Toast  
Juice  
Milk

16<sup>TH</sup>

17<sup>TH</sup> French toast/saus  
Cereal  
Toast  
Juice  
Milk

18<sup>TH</sup> Pizza Bagel  
Cereal  
Toast  
Juice  
Milk

19<sup>TH</sup> Sausage Biscuit  
Cereal  
Toast  
Juice  
Milk

20<sup>TH</sup> Muffins/sausage  
Cereal  
Toast  
Juice  
Milk

23<sup>RD</sup> Egg Burrito  
Cereal  
Toast  
Juice  
Milk

24<sup>TH</sup> Oatmeal  
Cereal  
Toast  
Juice  
Milk

25<sup>TH</sup> Pizza Bagel  
Cereal  
Toast  
Juice  
Milk

26<sup>TH</sup> Donut/sausage  
Cereal  
Toast  
Juice  
Milk

27<sup>TH</sup> Ham chs biscuit  
Cereal  
Toast  
Juice  
Milk

30<sup>TH</sup> Monte Cristo bis  
Cereal  
Toast  
Juice  
Milk

31<sup>ST</sup> Mini Pancakes  
Cereal  
Toast  
Juice  
Milk

# JAN

**MENU 2023**

**GEAR UP FOR  
GYM**



### ANNOUNCEMENTS:

- Menus subject to change
- Breakfast free for all HISD students
- Variety of milk and juice served daily

