

BREAKFAST

JANUARY 2024 PEACHAM SCHOOL

Start your New Year
out with a balanced
Breakfast!!!

Monday



1

NO SCHOOL!

Tuesday

French Toast

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

2

Wednesday

Breakfast Sandwich

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

3

Thursday

Yogurt & Granola

or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

4

Friday

Homemade Muffin

Wholegrain Cereal
Fruit
Fruit/Veg. Juice

5

Bagel w/Cream Cheese

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

8

Blueberry Pancakes

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

9

**Scrambled Eggs
w/Sausage**

or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

10

Maple Oatmeal

Wholegrain Cereal
Fruit/Veg. Juice
Milk

11

Homemade Muffin

Wholegrain Cereal
Fruit
Fruit/Veg. Juice

12



15

NO SCHOOL!

Wholegrain Waffles

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

16

Breakfast Quiche

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

17

**Fruit & Yogurt
Smoothie**

or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

18

Homemade Muffin

Wholegrain Cereal
Fruit
Fruit/Veg. Juice

19

Bagel w/Cream Cheese

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

22

Homemade Cinnamon Roll

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

23

**Scrambled Eggs
w/Hash Browns**

or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

24

Oatmeal Breakfast Bar

Wholegrain Cereal
Fruit/Veg. Juice
Milk

25

Homemade Muffin

Wholegrain Cereal
Fruit
Fruit/Veg. Juice

26

Bagel w/Cream Cheese

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

29

Pumpkin Pancakes

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

30

Breakfast Sandwich

Or Wholegrain Cereal
Fruit
Fruit/Veg. Juice
Milk

31



~ MENU IS SUBJECT TO CHANGE. ~

THIS INSTUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Student Meals are FREE! ~ Adult Breakfast: \$2.73