

JANUARY 2022

Show Low Junior High & High School

SERVED DAILY:
A VARIETY OF FRUIT & 100% JUICE
PLUS
A VARIETY OF MILK

Monday	Tuesday	Wednesday	Thursday	Friday
Dutch Waffle 3 Fruit Cereal w/Grahams	English Muffin 4 Egg & Sausage Fruit Cereal w/Yogurt	Breakfast Burrito 5 Salsa Fruit Cereal w/Toast	Biscuit and Gravy 6 Fruit Cereal w/Cheese Stick	7
Scrambled Egg 10 Sausage and Toast Fruit Cereal w/Grahams	French Toast Stix 11 Syrup Fruit Cereal w/Yogurt	Banana Bread 12 Fruit Cereal w/Toast	Biscuit and Gravy 13 Fruit Cereal w/Cheese Stick	14
17 No School	Bagel w/Cream Cheese 18 Fruit Cereal w/Yogurt	Breakfast Burrito 19 Salsa Fruit Cereal w/Toast	Biscuit and Gravy 20 Fruit Cereal w/Cheese Stick	21
Pancake Sandwich 24 Fruit Cereal w/Grahams	Scrambled Egg 25 w/Ham & Toast Fruit Cereal w/Yogurt	Banana Bread 26 Fruit Cereal w/Toast	Biscuit and Gravy 27 Fruit Cereal w/Cheese Stick	28
Dutch Waffle 31 Fruit Cereal w/Grahams				

THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER

This menu is subject to change
Due to availability