



JANUARY | 2023

LOGAN-HOCKING SCHOOLS HS/MS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School	3 Apple Cinnamon Breakfast Round Applesauce Cup Milk	4 Apple Strudel Cheese Stick Pear Cup Milk	5 Peach Pancake Bowl Milk	6 Apple Cinnamon Nutr-Grain Bar Cheese Stick Applesauce Cup Milk
9 Banana Chocolate Breakfast Round Apple Milk	10 2-Strawberry Pop Tarts Fruit Juice Milk	11 Cooks Choice	12 Granola Yogurt Cup Apple Slices Milk	13 Lemon Crunch Bar Lil Squares Banana Milk
16 No School Martin Luther King Jr. Day	17 Apple Cinnamon Texas Toast Fruit Juice Milk	18 Chocolate Crescent Roll 1 Cheese Stick Fresh Pear Milk	19 Mini Cinnamon Rolls Graham Cracker Strawberry Cup Milk	20 Cooks Choice
23 Chocolate Chip Muffin 2 Cheese Sticks Applesauce Cup Milk	24 Mini Strawberry Cream Cheese Bagel 1 Cheese Stick Pear Cup Milk	25 Cinnamon Stuffed Pretzel 1 Cheese Stick Banana Milk	26 Apple Cinnamon Breakfast Round Apple Sauce Cup Milk	27 2 Fudge Pop Tarts Apple Milk
30 Cooks Choice	31 Blueberry Nutri-Grain Bar 1 Cheese Stick Applesauce Cup Milk	1	2	3

News

Grab-N-Go
Breakfast Offered Daily
Menu Subject to change

Nutrition

1 C. Fruit
(100% Fruit Juice Offered Daily)
All Whole Grain Breads
1oz. Meats/Meat Alternative
1 Pint 1% White or Chocolate Milk

FRUIT

Apple-Apple Sauce
Oranges-Grapes
Peaches-Pears
Tropical Fruit
Strawberry Cup
Mandarin Oranges
Juice-Apricots
Raisins

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

*Menu Subject to Change