



JANUARY | 2023

LOGAN-HOCKING SCHOOLS CENTRAL/GREEN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Breakfast Kit Froot Loops Graham Cracker Fruit Juice Milk	4 Yogurt Graham Crackers Fruit Juice Milk	5 Cinnamon Toast Crunch Pastry Cheese Stick Applesauce Cup Milk	6 Breakfast Kit Apple Jacks Cereal Graham Crackers Fruit Juice Milk
9 Breakfast Kit Trix Cereal Graham Crackers Fruit Juice Milk	10 Eggo Cinnamon Waffle Graham Cracker Apple Slices Milk	11 Chocolate Chip Muffin Cheese Stick Pear Cup Milk	12 Pop Tart Cheese Stick Apple Milk	13 Apple Cinnamon Texas Toast Fruit Juice Milk
16 No School Martin Luther King Jr. Day	17 Breakfast Kit Frosted Flakes Cereal Graham Cracker Fruit Juice	18 Mini Pancakes Cheese Stick Sliced Apples Milk	19 Apple Strudel Graham Cracker Strawberry Cup Milk	20 Blueberry Waffle Cheese Stick Fruit Juice Milk
23 Breakfast Kit Cocoa Puffs Cereal Graham Cracker Juice Cup Milk	24 Yogurt Cup Granola Applesauce Cup Milk	25 Apple Cinnamon Breakfast Round Clementine Milk	26 Mini Cinnamon Roll Cheese Stick Fruit Juice Milk	27 Mini Strawberry Bagel Graham Cracker Banana Milk
30 Breakfast Kit Pop Tart Graham Cracker Juice Milk	31 Cinnamon Toast Crunch Pastry Cheese Stick Applesauce Cup Milk	1	2	3

News
 1/2 CUP FRUIT
 100% FRUIT JUICE
 ALL WHOLE GRAIN
 1OZ. MEAT/MEAT
 ALTERNATIVE
 1% WHITE OR
 CHOCOLATE MILK

FRUITS

APPLE,
 APPLESAUCE,
 ORANGES,
 GRAPES,
 PEACHES, PEARS,
 BANANAS,
 APRICOTS,
 STRAWBERRIES,
 and CRAISINS

**SERVED IN
 CAFETERIA DAILY**

*MENU SUBJECT TO CHANGE

THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY
 EMPLOYER