



JANUARY | 2023

LOGAN-HOCKING SCHOOLS UF/CHIEFTAIN/HH BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Cooks Choice	4 Warm Apple Strudel Cheese Stick Fruit Juice Milk	5 Warm Mini French Toast Fresh Apple Milk	6 Warm Banana Muffin Goldfish Graham Pear Cup Milk
9 Cooks Choice	10 Sausage and Cheese Sandwich Hash Brown Strawberry Cup Milk	11 Warm Chocolate filled Croissant Fruit Juice Milk	12 Yogurt Cup Graham Crackers Applesauce Cup Milk	13 Warm Chocolate Muffin Cheese Stick Fruit Juice Milk
16 No School Martin Luther King Jr. Day	17 Sausage Patty Pancakes Pear Cup Milk	18 Apple Cinnamon Texas Toast Peach Cup Milk	19 Granola Yogurt Cup Apple Milk	20 Warm Cinnamon Toast Pastry Cheese Stick Strawberry Cup Milk
23 Warm Blueberry Muffin Yogurt Peach Cup Milk	24 Warm Cinnamon Filled Pretzel Clementine Milk	25 Warm Strawberry Bagel Cheese Stick Fruit Juice Milk	26 Warm Mini Cinnamon Roll Graham Cracker Apple Milk	27 Warm Peach Pancake Bowl Milk
30 Cooks Choice	31 Warm Apple Strudel Cheese Stick Fruit Juice 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