

# January 2025

## breakfast happy new year!

This institute is an equal opportunity provider.  
Menu subject to change

### Blatchley Middle School January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<i>Holiday</i>	<i>Holiday</i>	<b>Breakfast Burrito!</b> Breakfast Burrito Or Cereal with Graham Crackers Peaches or Applesauce Grape Juice Choice of Milk	<b>Pancake Day!</b> Pancakes and Sausage or Granola Bar with String Cheese Mixed Fruit or Applesauce Choice of Milk	<b>Oatmeal Friday</b> Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
13	14	15	16	17
<b>Bagels or Muffins Day!</b> Bagel (WG) with Cream Cheese or Muffin (WG) Oranges or Raisins Apple Juice Choice of Milk	<b>Pancake Day!</b> Pancakes and Sausage or Granola Bar with String Cheese Mixed Fruit or Applesauce Choice of Milk	<b>Breakfast Taco!</b> Breakfast Taco (WG) Or Bagel with Cream Cheese Peaches or Craisins Choice of Milk	<b>Waffle Day!</b> Waffles (WG) and Egg Patty or Granola Bar with String Cheese Pears and Applesauce Choice of Milk	<b>Oatmeal Friday</b> Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
20	21	22	23	24
<i>Holiday</i>	<b>Breakfast Burrito!</b> Breakfast Burrito Or Cereal with Graham Crackers Peaches or Applesauce Grape Juice Choice of Milk	<b>Breakfast Pizza!</b> Breakfast Pizza or Bagel with Cream Cheese Peaches or Craisins Choice of Milk	<b>Breakfast Sandwich Day</b> Breakfast Sandwich or Cereal (WG) with Graham Crackers Oranges or Craisins Orange Juice Choice of Milk	<b>Oatmeal Friday</b> Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
26	27	28	29	30
<b>Bagels or Muffins Day!</b> Bagel (WG) with Cream Cheese or Muffin (WG) Oranges or Raisins Apple Juice Choice of Milk	<b>French Toast Day!</b> French Toast and Breakfast Sausage or Cereal with Graham Crackers Pears or Applesauce Choice of Milk	<b>Breakfast Pizza!</b> Breakfast Pizza or Bagel with Cream Cheese Peaches or Craisins Choice of Milk	<b>Pancake Day!</b> Pancakes and Sausage or Granola Bar with String Cheese Mixed Fruit or Applesauce Choice of Milk	<b>Oatmeal Friday</b> Hot Oatmeal Bar or Cereal (WG) with Graham Crackers Oranges or Raisins Orange Juice Choice of Milk



**nutrition corner**

- Rich in antioxidants
- Linked to a lower chance of heart disease
- Apples may reduce your risk of type 2 diabetes

**Apples**

healthline.com



Choose MyPlate.gov

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**lunch**  
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Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<i>Holiday</i>	<i>Holiday</i>	<i>Corn Dog Day!</i> Corn Dog Fresh Carrots Peaches Choice of Milk	<i>Mac &amp; Cheese Day!</i> Beefy Macaroni & Cheese Green Beans Pears Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
13	14	15	16	17
<i>Fish Sticks!</i> Fish Sticks (WG) Tater Tots Green Beans Applesauce Choice of Milk	<i>Beef Taco Day!</i> Beef Taco Tortilla (WG) Black Beans Oranges Choice of Milk	<i>Orange Chicken!</i> Orange Chicken Brown Rice (WG) Carrots Peaches Choice of Milk	<i>Hot Dog Day!</i> Hot Dog Hot Dog Bun (WG) Corn Pears Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
20	21	22	23	24
<i>Holiday</i>	<i>Pulled Pork Sandwich!</i> Pulled Pork Bun (WG) Oranges Green Bean Choice of Milk	<i>Alaska Seafood Day!</i> Fish Tacos with Slaw Tortilla (WG) Coleslaw Baked Beans Mixed Fruit Choice of Milk	<i>Chicken Drumstick!</i> Chicken Drumstick Dinner Rolls (WG) Corn Applesauce Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk
26	27	28	29	30
<i>Chicken Sandwich</i> Chicken Sandwich (WG) Corn Applesauce Cups Choice of Milk	<i>Beef Taco Day!</i> Beef Taco Tortilla (WG) Black Beans Oranges Choice of Milk	<i>Chicken &amp; Waffles</i> Chicken Nuggets & Waffle (WG) Green Beans Pears Choice of Milk	<i>Pasta Day</i> Meat Sauce Pasta (WG) Carrots Apples Choice of Milk	<i>Pizza Friday!</i> Pepperoni Pizza Or Cheese Pizza Broccoli Pineapple Choice of Milk

Join us for  
Alaska Fish to Schools  
on January 22!

