



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

January 2021 School Breakfast Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	Additional Daily Options Bagel Fruit & Yogurt Parfaits/Granola
<p>4</p> <p>Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk</p>	<p>5</p> <p>Breakfast Sandwich Assorted Fruit Juice Milk</p>	<p>6</p> <p>Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p>7</p> <p>French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk</p>	<p>8</p> <p>Breakfast Sandwich Assorted Fruit Juice Milk</p>	
<p>11</p> <p>Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p>12</p> <p>French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk</p>	<p>13</p> <p>Breakfast Sandwich Assorted Fruit Juice Milk</p>	<p>14</p> <p>Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk</p>	<p>15</p> <p>Breakfast Sandwich Assorted Fruit Juice Milk</p>	



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18 No School	19 French Toast Sticks Tri-Taters Assorted Fruit Juice/Yogurt Milk	20 Breakfast Sandwich Assorted Fruit Juice Milk	21 Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	22 Breakfast Sandwich Assorted Fruit Juice Milk	
25 Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	26 Breakfast Sandwich Assorted Fruit Juice Milk	27 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	28 Breakfast Sandwich Assorted Fruit Juice Milk	29 Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	
<p>All Meals include: Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.</p>				<p>Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	