



# ESSEX NORTH SHORE

## AGRICULTURAL & TECHNICAL SCHOOL

### January 2022 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>	<b>Additional Daily Options</b>
<b>3</b> French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	<b>4</b> Breakfast Sandwich Assorted Fruit Juice Milk	<b>5</b> Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	<b>6</b> Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	<b>7</b> Breakfast Sandwich Assorted Fruit Juice Milk	Bagel Fruit & Yogurt Parfaits/Granola
<b>10</b> Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	<b>11</b> French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	<b>12</b> Breakfast Sandwich Assorted Fruit Juice Milk	<b>13</b> Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	<b>14</b> Breakfast Sandwich Assorted Fruit Juice Milk	





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<b>17</b>  <b>No School</b>	<b>18</b>  French Toast Sticks  Tri-Taters  Assorted Fruit  Juice/.Yogurt  Milk	<b>19</b>  Breakfast Sandwich  Assorted Fruit  Juice  Milk	<b>20</b>  Waffle Sticks  Tater Tots  Yogurt  Assorted Fruit  Juice  Milk	<b>21</b>  Breakfast Sandwich  Assorted Fruit  Juice  Milk	
<b>24</b>  Mini-Pancakes  Tri-Taters  Assorted Fruit  Juice/Yogurt  Milk	<b>25</b>  Breakfast Sandwich  Assorted Fruit  Juice  Milk	<b>26</b>  French Toast Sticks  Tri-Taters  Assorted Fruit  Juice/.Yogurt  Milk	<b>27</b>  Breakfast Sandwich  Assorted Fruit  Juice  Milk	<b>28</b>  Waffle Sticks  Tater Tots  Yogurt  Assorted Fruit  Juice  Milk	
All Meals include: Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.				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.	



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